



The Cabot Chronicle

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Vermont Early Educators Support Shumlin

Vice President Biden came to UVM's Patrick Gymnasium on November 1st to Support Peter Shumlin for Governor. The rally, held from 10:30 a.m. to 1:30 p.m., was a free event open to the public. Hundreds of tickets were distributed.

Following the rally, a smaller, private reception with limited tickets was also held in Burlington. Peter Shumlin, Bernie Sanders, Peter Welch, Patrick Leahy, their wives and twenty or so other major Shumlin supporters, including Judy Pransky, waited patiently and nibbled on fancy appetizers with Secret Servicemen and staff folks.

Judy Pransky, owner of Cabot's Camp Laughing Turtle and Cherry Street PlayCare in St. Johnsbury, has been a teacher and early educator for over 42 years. She is one of Vermont's prominent advocates of the Vermont Early Educators United movement to pass legislation allowing child care workers, through the formation of a union, to gain a "seat at the table" where decisions are made which directly affect them and their delivery of service to children and families. The group's mission is to create a legally-binding relationship between themselves and the State, organized under the American Federation of Teachers (AFT).

Vermont Early Educators United recognizes the importance of quality child care and early education for Vermont's children. They are also the front-line witnesses to the impact of state implementations and programs that adversely affect Vermont families and the child care programs that support them. Currently, there are 10,000 child care workers in Vermont, providing care and early educational experi-



ences in licensed centers and registered homes across the state .

The average Vermont family spends up to 40 percent of their household income on childcare. Cuts to program funding limit resources and access to quality childcare that not only affects the child, but, also, the state's workforce. Some families with limited resources may, in fact, resort to welfare. In the past three months, Judy has witnessed an unprecedented drop in enrollment, along with other providers who serve the most vulnerable populations, as businesses are faced with closures and slow downs. *(See Shumlin, Page 2)*

Update: Peter Shumlin has recommitted, post election, to the efforts of Vermont Early Educators United to form a union. He states that he is looking to Early Educators to help guide him in defining and developing his platform around these issues.

Voters Choose Cabot Representative, Washington County Senators

Incumbents Ann Cummings and Bill Doyle were reelected to two-year terms representing Washington County in the Vermont Senate, finishing ahead of the five other candidates. Anthony Pollina was elected to fill the third Washington County seat, vacated by Phil Scott in his successful bid for Lieutenant Governor.

Two candidates vied for one State Representative seat in the Caledonia-Washington 1 district, covering Cabot, Danville, and Peacham; Kitty Toll, incumbent, was reelected.

Here are the total number of votes cast in these races:

Ann Cummings		
Democrat	12,213	Incumbent
William Doyle		
Republican	11,971	Incumbent
Anthony Pollina		
Democrat	10,689	

Donny Osman		
Democrat	10,120	
Ed Larson		
Republican	7,791	
David Harrington		
Republican	7,175	
Gaelan Brown		
Independent	2,270	
Kitty Beattie Toll		
Democrat	1,210	Incumbent
Bruce Melendy		
Republican	832	

In other Washington County races, George Belcher was re-elected Probate Judge, Miriam "Muffie" Conlon defeated incumbent Michael Zimmerman for Assistant Judge and Tom Kelly was re-elected State's Attorney. Sam Hill was re-elected Sheriff and Bruce McClure was elected High Bailiff.

Budget Cuts Community Forum



More than 75 townfolk attended a meeting to discuss the 2012 Cabot School Budget shortfalls. Chris Tormey addresses the group in the CSPAC.

Town Of Cabot Unofficial 2010 General Election Results

US Senator	Write In	2	Blank	16
Len Britton 168	Spoiled	0	Total	617
Stephen J. Cain 6	Blank	36	Probate Judge	
Pete Diamondstone 5	Total	617	George K. Belcher	482
Cris Ericson 13	Secretary of State		Write In	3
Daniel Freilich 9	Jim Condos	328	Spoiled	0
Patrick Leahy 388	Jason Gibbs	222	Blank	132
Johenry Nunes 5	Leslie Marmorale	21	Total	617
Write In 0	Write In	3	Assistant Judge (2)	
Spoiled 0	Spoiled	0	Barney Bloom	292
Blank 23	Blank	43	Miriam "Muffy" Conlon	237
Total	Total	617	Michael R. Zimmerman	167
Representative to Congress		Auditor		
Paul D. Beaudry 179	Doug Hoffer	302	Write In	3
Gus Jaccaci 15	Jerry Levy	10	Spoiled	0
Jane Newton 14	Thomas M. Salmon	277	Blank	535
Peter Welch 395	Write In	0	Total	1234
Write In 0	Spoiled	0	State's Attorney	
Spoiled 0	Blank	28	Tom Belcher	479
Blank 14	Total	617	Write In	5
Total	Total	617	Spoiled	0
Governor		Attorney General		
Brian E. Dubie 253	Charlotte Dennett	47	Blank	133
Cris Ericson 4	Rosemarie Jackowski	3	Total	617
Dan Feliciano 1	Karen Kerin	22	Sheriff	
Ben Mitchell 1	William H. Sorrell	359	Charley Burbank Jr.	198
Em Peyton 1	Aaron Michael		W. Samuel Hill	300
Peter Shumlin 336	Toscano	160	Write In	2
Dennis Steele 18	Write In	0	Spoiled	0
Write In 1	Spoiled	1	Blank	117
Spoiled 0	Blank	25	Total	617
Blank 2	Total	617	High Bailiff	
Total	Total	617	Bruce A. McClure	454
Lieut. Governor		State Senator (3)		
Peter Garritano 10	Gaelan Brown	43	Write In	5
Steve Howard 224	Ann E. Cummings	263	Spoiled	1
Marjorie Power 33	William "Bill" Doyle	270	Blank	157
Phil Scott 327	David Harrington	154	Total	617
Boots Wardinski 8	Ed Larson	173	Justice of the Peace	
Write In 1	Donny Osman	259	Cedric Alexander	405
Spoiled 0	Anthony Pollina	247	Susan Carpenter	415
Blank 2	Write In	10	Bonnie Dannenberg	343
Total	Spoiled	0	Frederick Ducharme	441
State Treasurer		State Representative		
Murray Ngoima 9	Blank	432	Blanche Lamore	397
Don Schramm 53	Total	1851	Carla Payne	354
Jeb Spaulding 517	State Representative		Caleb Pitkin	422
	Bruce Melendy	200	Blank	1473
	Kitty Beattie Toll	400	Write-In	27
	Write In	1	Total	4277
	Spoiled	0		

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Shumlin

(Continued From Page 1)

This effect may jeopardize the children, reduce child care jobs and leave existing providers with less funding to maintain or improve programs and services. “We are currently witnessing closures of centers and registered programs, a situation which may have a negative impact on the availability of child care slots as we move toward jobs recovery,” Judy stated.

The Vermont Early Educators United is hopeful about Vermont’s future for childcare. Peter Shumlin answered their questionnaire directed to all statewide candidates in this way: “*as the 10,000 [workers] working across Vermont to educate our youngest children, [they] are some of the most hardworking Vermonters out there and should absolutely have a role in crucial issues concerning Vermont’s education system. Study after study proves that early education is critical to a child’s future success. As governor, I would work with educators and business leaders to make Vermont a leader in early education. We should strive to make Vermont the first state in the nation that treats early education [as] an equal partner.*”

At the Shumlin reception, Judy was personally congratulated by Vice President Biden for all her efforts in representing the early educators, childcare providers, children and families of Vermont. “I could sense his honest sincerity, understanding and appreciation for our work,” said Judy.

Advocates feel the law needs to be changed in Vermont to allow the Early Educators United the right to form a union. Judy is in agreement. “I strongly support having a union that will introduce policies for quality improvements. What we need is a respected collective voice in the formation of regulations which directly impact the cost, quality and access to those services which have a direct impact on children and families across Vermont.”

Community Bread Oven Planning Meeting

By Peter Stratman

The 3rd Cabot Community Bread Oven planning meeting will be held on December 6th at 5pm. We'd love to have more involvement! We've received grant money from the Vermont Rural Partnership to build the oven and a shelter. We're also in the process of developing a business plan. Our goal is to construct the oven this spring and develop a plan for how to integrate its use into school curriculum and community events. Spread the word!



CABOT CONFIDENTIAL

The Hourihans

A column to help readers realize, recognize, and get to know a little bit more about their neighbors.

By Julia Shipley



Richie and Connie Hourihan have been selling Christmas trees for 32 years. For a decade, they've lived in Cabot, adding wreaths, firewood, vegetables, and pumpkins to products they raise, first on the farm they bought from Buggy Morse, and now on their farm on Smith Road.



So when does the tree cutting season begin?

Right around or right after Halloween. You wait 'till there's been three hard frosts. Otherwise, if you cut them, they'll drop their needles.

Firewood, we cut year 'round. We cut about 200-300 cords a year. We'll make about 1500-1600 wreaths a year.



Has the Christmas Tree industry changed over the years?

Compared to out west in Oregon and Washington, no. We got a new baler. But out there, tree farms are thousands of acres, they have 100 acre blocks of trees, and they harvest them by helicopter, flown by Vietnam veteran pilots. Using nets, they carry them to open top trailers and drop them in. How can this be cost effective? But they figure it's costing them 23 cents per tree to do it this way.

One thing that has changed over the years is the American dollar. See these folks making wreaths? That's a change. They wouldn't have jobs if the dollar hadn't devalued. Otherwise you'd buy it [Christmas Wreaths ready made] out of Canada. I used to wholesale trees out of New Brunswick and sell them down in the Boston area.



So, in terms of payback for your work, which is more gratifying, the annual vegetables or the perennial trees?

Oh, the vegetables—instant payback. You plant at the end of May, and collect on them in August. We planted trees here in 2000, and we're just starting to collect on them the past two years. We use a lot less labor on the veggies than the trees. For example, we pay one person to mow all summer. That's all Mary Cobb does, is mow between the trees. You can't graze sheep because they'll eat the trees; horses nibble; cows rub; the only thing you can use is a deer, a John Deere. When she finishes mowing, it's time to start all over again. Also, after you plant a tree, that's year one, after four years, you got

to start shearing them, every year. You've got to fertilize them and spray. And you've got to factor in you're going to lose 10% of what you planted. For the veggies, we spray Round Up, then disc harrow, then plant, then spray, we use a pre-emergent, then we plant with the planting machine, through the summer we cultivate, then harvest. We filled 15 trailer loads full of pumpkins this fall.



Where's this truck going? [its hold is filling up with wreaths, bundles of birch hearth logs, and trees]

Orleans on Cape Cod. And then it's gonna come back and we'll load it up again and we'll go to Denis [on Cape Cod]. And then it's gonna come back and we'll load up again and we'll go to Bridgeport, Connecticut. The biggest wreath we ever made was on a ring 14 feet in diameter, it was 16-18 feet wide with brush. It had ribbons as wide as your vest. It went to Cape Cod and they put it on a lighthouse



So, when is the “off season” for you?

January-February. We fix machinery, shovel snow.

How do you keep going?

Maple Syrup—no, don't write that.

What's your secret to success?

Keep ahead of yourself.

The Cabot Chronicle

The Cabot Chronicle is distributed the first day of the month and is provided *locally* free of charge.

~ Mission Statement ~

The mission of The Cabot Chronicle is to regularly publish local news for the residents of the Cabot Area. Our purpose is to share information that will help readers become better involved in their Community.

Phone: 802-563-3338 • Email: inbox@cabotchronicle.org

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Find current news, great links to your community, discussion forums and more about our paper on the web at www.cabotchronicle.org

Cabot, Our Town

By Julia Shipley

Cabot Cartography: a column about mapping a sense of place (third in a series); maps by Ethan and Jonah Socks; column by Julia Shipley

One of my favorite books begins, "This is the story of Coulton H. Bryant and the land that grew him." I shared this line aloud to a friend one time and he promptly began to mock me. In an exaggerated hick accent he repeated, "*ayynd the laynd thet greyew heem.*"

Well? Is that so farfetched? That our landscape environment influences us as much as we influence it?

At the Mapping a Sense of Place workshop held at the Cabot Library in mid November, participants looked at various maps made by ordinary people of their meaningful places. Some maps showed town buildings, other maps showed floor plans of rooms and houses, still others showed sliding hills, the route to school, and the site of the best tree house ever.

When workshop participants Ethan and Jonah Socks began to draw maps of their home near Danville Hill, they included such particulars as, "the place where we found a giant spider" and the pond with ice that "looks like it has wrinkled green house plastic" on it, as well as that "weird gate" in the woods, the big rock and the little rock by the pond, the car and the trailer, and finally, the X support beams stabilizing the front door.

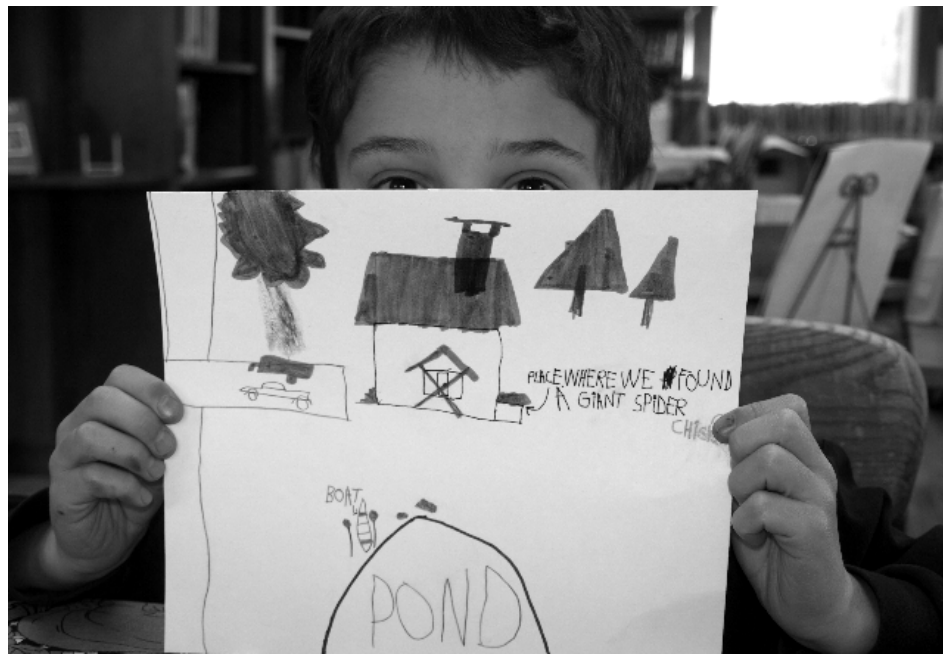
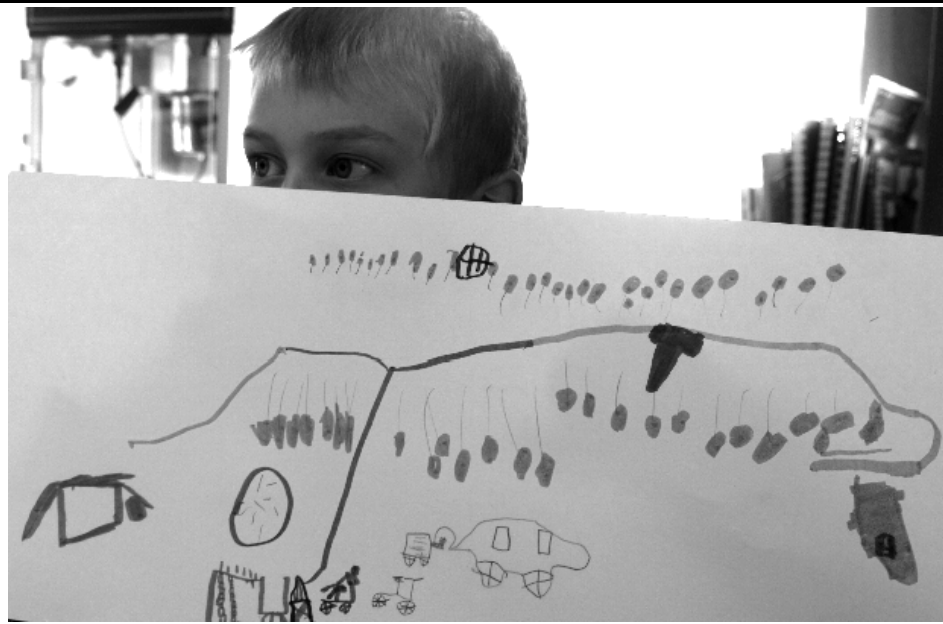
"Mapmaking means ignoring everything but the thing being mapped," says cartographer Denis Wood, author of *The Power of Maps*. Indeed, Ethan's map is faithful to the specific elements of the house (its side door steps, the chimney, the windows) while Jonah's map encompasses more than the immediate home. He charts the woods, the neighbor's land, a friend's house, a few roads, and even

includes the library in the Willey building (far right in picture).

Edith Cobb, a child development researcher, notes that, "Children experience space through all senses, achieving for a few years at least a powerful intimacy with place." As Yi-Fu Tuan, a former professor of geography at the University of Wisconsin, writes in his book, *Space and Place*, "Home is an intimate place. We think of the house as home and place, but...images are evoked not so much by the entire building, which can only be seen, as by its components and furnishings which can be felt and touched." The details recorded in Ethan and Jonah's maps reveal what they are sensing, learning and remembering with their whole bodies. Is it fair, then, to say that, as these brothers continue to play among the house, garden, fields and woods, this landscape is "growing" them, as it has "grown" the prior generations that have worked and played here?

One more quote (then I promise, no more experts in this piece): Professor Tuan asserts, "We rarely attend to what we know....we know far more than we can tell, yet we almost come to believe that what we can tell is all we know." He goes on to acknowledge, only when we begin to make a map, do we realize how much there is to map, and how shoddy our skills may be at attempting to convey all that we know.

When presenting their charted terrains, Ethan and Jonah realized some things they hadn't included. "I forgot the sand box," Jonah admitted. Also omitted were: the tree house, the vegetable garden, the apple trees...and yet, they had captured what was most important to each of them about their place at that moment: a home with chickens, a pond with new islands of ice, some great trees and a Really Big Spider.



Ethan and Jonah Socks display their own maps of their homestead, following the Mapping Workshop held at the Cabot Library last month.

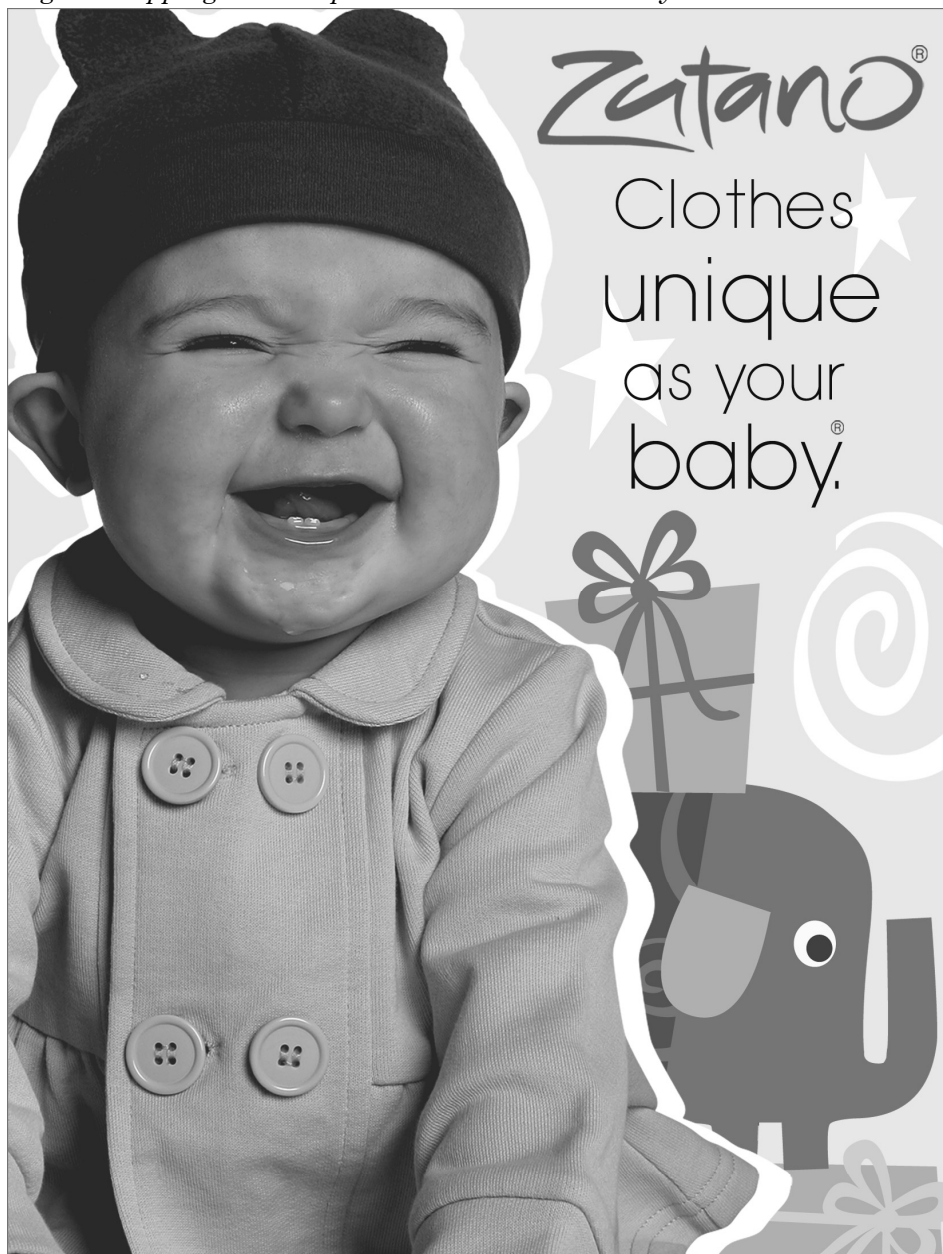


UNITED CHURCH OF CABOT AND THE CABOT COALITION

Sunday, December 12th
3-5 pm @ United Church of Cabot

Holiday Elves Workshop

Cabot United Church and the Cabot Connects Mentoring Program are presenting an Elves Workshop for all children of Cabot aged 3 through middle school. We will be offering workshops in Christmas decorations, wooden cutouts, beeswax candle making, angel necklaces, ornaments, arts & crafts projects, and other special surprise gift-making for family and friends. Children K-8 may be dropped off at the church if parents would like time for their own "secret" projects of love and grace. Pre-K kids will need a child care provider to stay with them. Please call Cherry Gochey at 563-3254 or Kathleen Hoyne at the Cabot Coalition @ 563-3338 for more info and/or to volunteer your special talent/interests to this community project.



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CABOT CAMEOS

Original FACEBOOK

Christmas Tree Cameos: The Hourihans

Why Christmas Trees? "We got into it through a friend, he had a trucking company and one of the things he did was haul Christmas trees from Canada. We took over the business when he passed away suddenly. Connie always wanted to move to Vermont, both her parents were from Vermont. So we eventually decided we would move up to Vermont and start growing our own trees. "

What kind of tree: only Balsam fir.

Where do they go: Connecticut, Massachusetts, New York and Vermont.

What was your most memorable tree event: "We belong to the NH/VT Christmas tree association and they had a bulletin about searching for a donation for the Statehouse tree. So we told them about this big tree and they came and looked at it. It was planted by Buggy Morse, and both he and his wife Barbara were there when they came to cut it. I think it was in 2004 because our son Danny was a senior in high school.



Christmas Tree Cameos: Steve Long

Peter and George Ruggles' Christmas Tree Service of East Haven was harvesting and baling many of Steve Long's trees on Cabot Plains Road. It was amazing how fast they could cut the tree, send it through the baler and toss it onto the quickly-filling truck. It was a beautiful day, and the smell of pine was exhilarating.

The Ruggles said these trees were headed to Lyndonville, but they thought the final destination for some might be Rhode Island.

There are still plenty of trees to cut-your-own this year, but the ones with white ribbons are already claimed by a local school.



Snow Removal... Decrease your risk of injury!

1. Avoid caffeine and nicotine: These are stimulants that place extra stress on the heart.
2. Avoid eating large meals: This places extra demands on the digestive system and can lead to stomach cramps.
3. Drink plenty of water: Dehydration is just as big an issue in cold winter months as it is in the summer.
4. Dress in several layers: You will be able to remove a layer as needed. Ensure that you dress warmly in cold weather.
5. Remember that extremities such as the nose, ears, hands and feet need extra attention when it is cold outside. Don't forget about the wind chill!
6. Wear proper footwear: Boots with slip-resistant soles or anti-slip cleat attachments can help to minimize the risk of slips and falls.
7. Warm up: Before beginning any snow shoveling, warm-up for five to ten minutes to get the joints moving and increase blood circulation.
8. Stretch: After warming up, perform gentle stretches for the back (ie. knees to chest), arms and shoulders (ie. body hug), and legs (ie. forward bends from a seated position). This will ensure that your body is ready for action.
9. Use proper body mechanics when shoveling.
10. Pick the right snow shovel: A standard shovel is still a better option than most other snow shovels.
11. Recommended rate for continuous shoveling is considered to be around 15 scoops per minute.
12. People with prior diagnoses of heart problems should use extreme caution.

And if you would rather not shovel snow at all ... call us at

**CABOT HEIGHTS
PROPERTY MAINTENANCE**

802-563-2397 or 802-274-6646

**We can shovel your walk, your roof, plow your driveway,
or take away your snow banks!**

COMMUNITY COMMENTARY

Middle School Soccer Appreciation

Dear Editor,

I want to extend a sincere heart-felt thank you to Coach Donna McKinnon. The team had a great opportunity, under her watchful eye, to learn about teamwork, responsibility and commitment. They learned these lessons, while they were also having a great time playing soccer! Donavon Bigelow and Caleb Maxfield, the team appointed co-captains, did a fine job as

leaders for their teammates. A great time was had by all during the soccer season, both players and fans alike!! I appreciate Donna, being willing to give up her time and energy to be a soccer coach. Let us never take for granted, coaches who make these wonderful opportunities possible for our children.

Sincerely,
Lynn Maxfield



Foto subjects left to right: Coach Donna McKinnon, Donavon Bigelow, Mark Schumacher, Shannon Harvey, Heath Hanson, Dylan Wright, Seth Herrick-Trombley, Caleb Maxfield and Tiger Bastruss. Front Row: Eli Hale, Frank Schumacher, Jeremy Maxfield, Ian Nally, Jeremy Hoyne Grosvenor, Henry Burke, Will Nally and Josh Therrien.

OBITUARIES

Tish Johnson-Smith

Tish Johnson-Smith, 58, formerly of Cabot, died Tuesday, Nov. 9, 2010, at Fletcher Allen Health Care, following a series of infections. Her family was at her side as she peacefully passed.

She was born Sept. 17, 1952, in Urbana, Ohio, the daughter of Eleanor (Willison) Johnson and the late Wallace Johnson. She graduated from Elyria High School and Ohio State University.

Early in her career, Tish was employed as an RN in several hospital settings and later as a school nurse and educational coordinator. Tish married Keith Motschman in 1973, and raised two daughters in Ohio. The two divorced, and in 1995, Tish and her daughters moved to Cabot upon Tish's acceptance of a professorship for an LPN program at VTC. She met Greg Smith and shortly after marrying in 2000, the two moved to Barre. She retired from the state of Vermont's Department of Education due to a back injury.

She loved spending time with family, reading, writing, gardening, swimming, crafts and holidays. Tish valued family above all else and treasured mothering and grandmothering. She was known for her warmth, kindness, intellect and enjoyment of nature.

Tish is predeceased by her father Wallace Johnson; survived by her mother, Eleanor Johnson; husband, Greg Smith; her daughters, Rita Johnson and Megan Johnson-Ayoub; son-in-law, Hassan Ayoub; grandson, Lorenzo Ayoub; stepson, Matt Smith; sisters, Becky Halterman, Peggy Miller, and Teresa Cassidy; and nephews, James and Lane Halterman and Brock Miller.

A memorial service was held Saturday, Nov. 13, 2010, at 11 a.m. at Unity of Vermont (56 Main St., Essex Junction) with the Rev. Lane Williams officiating. There were no visiting hours.



In lieu of flowers, contributions in her memory, may be made to The Barre Public Library, 6 Washington St., Barre, VT 05641.

Northern Vermont Funeral Service

60 Elm Street
Hardwick, VT
05843-0063

802-472-6861

Dian R. Holcomb
Funeral Director

A FRIEND IN THE BUSINESS

Vinnie Churchill, Trax Wax



Vinnie Churchill has set up a custom ski and snowboard waxing business, called Trax Wax, at his West Hill home. He is seen here applying hot wax to a snowboard at his work bench. As a long-time fan of extreme sports and member of a little-known thrill-seeker's Club, Natural High, Vinnie has been waxing and repairing surfaces on his friends' snowboards and skis for years. He learned this skill working slopeside

in Crested Butte, Colorado. Trax Wax services include surface repair and waxing for snowboards and both downhill and cross-country skis. So, if your winter sports equipment needs some attention, call 563-2239 or email natural-highvpc@yahoo.com. Vinnie guarantees a quick turn-around for all jobs.

Cabot Historical Society Apple Pie Festival 2010



Visitors to Cabot's 2010 Apple Pie Fest, shop from craft vendors, mingle and mostly sample delicious apple pie! Photo courtesy of Jane Brown

Apple Pie Festival Winners

Adult Apple Pie
Best: Sandy Ducharme, Cabot
Second: Shirley Paire, Cabot
Third: Tavis Morse, Cabot
Hon. Men: Shannon Pitonyak, Barre

Junior Division 1st — 6th grade

Best: Toby Cooke
Mazie O'Connor, Cabot
Second: Ty Perkins, Cabot
Third: Lauren Bellevance, Cabot
Hon. Men: Billie O'Connor, Cabot
Pie Man: Lela Jones, Cabot

Junior Division 7th — 12th grade

Best: Jeanne Ducharme, Marshfield
Second: Cassandra Morse, Cabot
Third: Ian Lewis, Cabot
Hon. Men: Clementine &
Declan O'Connor, Cabot
Pie Man: Will Nally, Cabot

Apple Pie Festival Donators

The Cabot Historical Society Apple Pie Festival would like to thank the following Silent Auction donators for making this year's event a success. For the many anonymous/unknown donators, your generosity is equally appreciated although we cannot thank you personally--

Amanda's Greenhouse
Arletta Bolton
Bothfeld Farm Marvie Domey
Larry Gochey Anne Harding
Cabot Village Store
Dancing Carrot Farm
Harry's Hardware Jeanne Johnson
Doris Larsen Linda Lemay-Richard
Organix & Lisa White
Stephanie Searles
Chuck Talbert Vermont Flower Farm
Janet Westervelt Velma White

A Guide To Open Meetings Who Needs To Know?

The following guidelines for conducting meetings in compliance with Vermont's open meeting law are provided with permission from the Secretary of State, as a service to the public and in support of the many local organizations that conduct meetings in performance of their public service activities. This is the third segment published in the Cabot Chronicle. These guidelines are available for reference at www.cabotchronicle.org.

DEFINING OPEN MEETINGS

A state or local board or commission in Vermont meets when a quorum (majority) of its members comes together to discuss public business. Two members of a five-person board may meet without the need for public notice. **1 V.S.A. § 310(2).**

Committees and subcommittees of public boards must follow the law, just as the full board itself.

The entire board can meet by itself without notice or public attendance when it deliberates on its written decision, following a quasi-judicial hearing on an application or permit. The board may also exclude the public from a proper executive session. But these are the exceptions. Most meetings are public.

That means there must be public notice, an opportunity for members of the public to speak to the board, and written minutes, which the law requires to be ready for review within five days of the meeting. Meetings held without respecting the details of the law are illegal, and the courts regard what is done in those meetings as voidable. More importantly, illegal meetings are an offense to democracy. In Vermont the people rule, sometimes directly, sometimes through elected or appointed representatives, but always with the benefit of public scrutiny.

The open meeting law is based on Article 6 of the Vermont Constitution. Article 6 guarantees that "all power being originally inherent in and consequently derived from the people, therefore, all officers of government, whether legislative or executive, are their trustees and servants; and at all times, in a legal way, accountable to them."

One way of demonstrating accountability is conducting public business in public for everyone to see.

PUBLIC NOTICE

Vermont's open meeting law defines the basics of public notice. Other laws provide more specific directions, but every board must follow the requirements of the law as a minimum. There are three kinds of public meetings under the law:

- **Regular Meeting.** The most common type of meeting is the regular meeting. When a board meets on the first Tuesday of the month, every month, the law does not require formal public notice.

The board needs to adopt a resolution specifying its regular meeting schedule in this instance, and provide an agenda on request, to qualify for this privilege. **1 V.S.A. § 312(c)(1).**

Agendas of regularly scheduled meetings must be made available, upon specific request, prior to meeting, so that interested members of the public can be reasonably informed of what will be discussed at the meeting. **1 V.S.A. § 312(d).** Boards should not take action on matters that did not appear on the agenda since such action would violate the purpose of the open meeting law. However, courts have not yet considered whether this is a breach of the law.

- **Special Meeting.** A special meeting is called for some other time than the regular meeting date. In such meetings, the board usually has a more limited agenda. Public notice for special meetings requires a minimum of three public postings of the notice (one at the Town Clerk's office), as well as notice to each member of the board at least 24 hours before the meeting is to begin. The agenda must be made available, and notice must also be given to the local news media and any other media that has specifically requested notice. **1 V.S.A. §§ 312(c)(2), 310(4).**

Adjourned Meetings. When a meeting is "adjourned," or continued to a new time and/or place, the meeting will not be considered a new meeting (and not require additional notice) so long as the time and place of the new meeting is announced before the first meeting is closed. **1 V.S.A. § 312(c)(4).**

- **Emergency Meetings** are those called to respond to what the law calls "an unforeseen occurrence or condition requiring immediate attention by the public body." **1 V.S.A. § 312(c)(3).** These are the rarest of meetings. Frankly, when the town hall is on fire, nobody expects the selectboard to respect the formalities of the open meeting law before calling for help. The law exempts a board from formal posted public notice for emergency meetings, but requires that some notice be given. Emergency meetings should never be used as a substitute for a poorly warned special meeting. **1 V.S.A. § 312(c)(3).**

Inadvertent Meetings. A meeting occurs whenever a majority of the members of a public body are together talking about the business of the board. **1 V.S.A. § 310.** This means that, for example, when a majority of a board find themselves at a social gathering together, it is important not to discuss the business of the public body.

WHEN CAN A BOARD MEET IN PRIVATE?

- A board may meet in private to deliberate in connection with a quasi-judicial hearing. This is not an open meeting and does not have to be warned.
- A board may only go into executive session upon a majority vote of the board (2/3 vote of a state board), on a motion made in open meeting, that indicates the reason for going into executive session. The only permissible reasons for going into executive session are set out in **1 V.S.A. § 313.**
- A board may invite into executive session its attorney, administrative staff and persons who are subjects of the discussion or whose information is needed.
- No decision may be made in executive session. Decisions may be made in deliberative session so long as there is a written decision that is public record.

The Pie Man Award

The Pie Man award is presented by Bill Walters in memory of Dennis Geake, a Life Member of the Cabot Historical Society who passed away a few years ago. Dennis built the sign right over the door of the Main Street Building that says "Historical Society." He liked to make pies—he wanted to be a baker. He made them for people as Christmas gifts and baked up to seventy per season. The winners of the Pie Man Award receive a ribbon, \$20, a cookbook and certificate. Two Pie Man Awards are presented each year, one for younger kids and one for the older group, to recognize and reward youthful participation.



COMMUNITY CLOSE-UP LIBRARY CORNER

Friends of the Cabot Public Library

Who are the organizations and groups that make up our Cabot Community? What is their work? Our new feature, 'Cabot Community Close-Up,' will profile the groups we can identify and will be available collectively through our Cabot Chronicle website.

Chronicle: What is your group's name and mission?

FOCL: We are the Friends of Cabot Library. Our mission is to promote and support the Cabot Public Library in the community.

Chronicle: What - do you and your volunteers do?

FOCL: We raise funds to enhance the educational and cultural development of the library and generate an interest in the association that benefits the library. Our events help pay for items that are not provided for in the annual library budget, and often go for items that we believe will benefit the library and community as a whole. We also support the library if there's additional need.

Chronicle: When do you meet?

FOCL: We meet once a month at various dates and times - whatever is convenient to the group. We meet to discuss and coordinate fundraisers and to develop new ideas and ways to promote interest in the organization.

Chronicle: Where do you meet?

FOCL: Until recently, we were meeting at the Willey Building; however, we needed more flexibility to accommodate member schedules. We

now meet at various members houses or, occasionally, at the library. As our numbers grow, we may once again standardize the date, time, and location - but, for now, a relaxed schedule works best for us.

Chronicle: How does someone get involved? Become members?

FOCL: We have applications and book bags on display at the library. Anyone can join for a very small fee, which provides support to the library. Minimal time is required to support our organization - mostly at events, which generally are four to five times per year, or volunteering time at the library to re-shelve books. The only thing we ask is that all who join do it with a happy face and the best of intentions!

Chronicle: What else would you like our readers to know?

FOCL: We have a good time and have a great little group - very relaxed. We all enjoy reading, watching movies, and sharing coffee/tea together. We are also interested in building a better community and would love to see more community members join us to share in the fun. We believe the library has always been at the core of any great community, and want to do everything we can to see it thrive with great programs and more usage.

Friends of the Cabot Library contacts: Sandy Atkins, Chair 380-0119, Wendy Heilig 563-3150.

Friends of Cabot Library News



The holiday season is now upon us, giving us a little reprieve before launching into our first fundraiser for 2011 - the 3rd Annual "SOUPFEST". We've listened to past years' suggestions and are planning to hold this one on Thursday, February 17, from 3:00 - 7:00 p.m., to help the working folks of Cabot catch a little break for supper that day. Along with our home-made soups, we'll be sharing recipes in our Cabot "SOUPFEST" Cook Book. If you would like to share some of your great soup recipes with everyone by donating them to our book, please send them to CabotLibraryFriends@gmail.com by January 5. Pre-orders for soups and

recipe books will be taken to ensure there's plenty to go around - look for further details about it in upcoming issues of the *Cabot Chronicle*. It's our one event that allows us to showcase a bit of our cooking talents, so mark your calendars to ensure you don't miss out - the soups are always YUMMY!

We're also helping to grow the library's collection of movie DVDs to ensure there's plenty to choose from this winter. Stop in sometime to see what's come in on the shelves. There are even a few old family classics that we're sure you'll enjoy seeing again!

Until next year - here's wishing everyone a warm, safe, happy and fruitful holiday season!

The Friends of Cabot Library Team

From the Cabot Public Library

Check out our new DVD's! We have many new ones-mostly documentaries, such as Ken Burn's *Jazz* and *Baseball: The Tenth Inning*, *The 25th Anniversary Rock and Roll Hall of Fame Concerts*, *Becoming Human-Unclearing our Earliest Ancestors*, *This Emotional Life: In Search of Ourselves and Happiness*, *Jesus in India* and *Justice: What's the Right Thing To Do*.

If you have suggestions for materials you would like us to consider purchasing, please feel free to either come in during library hours and tell us or if you would rather make suggestions anonymously, please leave ideas in our drop box located at the front door of the Willey building. Thanks!

Please check out our website by either googling: Cabot Public Library or typing: <http://sites.google.com/site/cabotpubliclibrary/>. Keep in mind it is still a work in progress, but currently it is possible to access our on-line catalog through this website. You may also email us at: cabotlibrary@yahoo.com if you have any interlibrary loan requests or have other suggestions.

Community Outreach

If you or someone you know has difficulties getting to the library and would like to receive home deliveries of library materials, please let us know. We would be happy to arrange for home library services to any patrons in the Cabot area. You can call us at 563-2721 or email us at cabotlibrary@yahoo.com.

Programs:

Monday, December 6 - 6:30-7:30 p.m. - Winter Reading and Holiday Gift Ideas from Linda Ramsdell of the Galaxy Bookshop to be held at the Cabot Public Library.

Linda Ramsdell grew up in Craftsbury and opened *The Galaxy Bookshop* in Hardwick, Vermont in December, 1988. She will come to the Cabot Public Library to talk about books that make great winter reading and holiday gifts for all ages. Linda will also discuss some of the season's great fiction, as well as non-fiction for readers with diverse interests. She is looking forward to hearing what people in Cabot are reading on these long and chilly nights.

December, 14, 21 and January 4, 18, 25 - 6-7:30 p.m. - Give Yourself the Gift of Wellness for the Holidays! Alicia Feltus \$10.00/session or \$40.00 for all 5 sessions of Yoga to be held at the Cabot Public Library.

Boost your energy and immune system with yoga, core strengthening, breathing practices and guided relaxation. Alicia will also share nutrition and exercise tips to nurture you during the holidays and make 2011 a year of vibrant health!

brant health!

Alicia Feltus, Certified Yoga Instructor and Reflexologist, has 17 years experience leading classes and workshops in all aspects of health and is currently enrolled in a Wellness Coaching program.

To register and for more information contact Alicia 802-563-3220/ aliciafeltus@gmail.com.

Tuesday, December 21 from 3 to 5 p.m. - Youth Holiday Market at the Cabot Public Library.

Come buy, sell or trade your stuff that's still in good condition. Be at the Library at 3:00, if you would like market space. We'll help with stickers for pricing which should be in the range of 25¢ to \$5.00. A great opportunity for holiday shopping for your siblings and your friends!

Book Group:

This year's Fall Book Discussion Group has completed the Vermont Humanities Council series on **Immigrants Coming to America**. Thanks so much to all who participated and especially to Fran Cerulli for facilitating many lively discussions on issues of immigration. Fran always finds other supporting materials to look at and this time she brought in music from countries around the world! Thanks also to the Friends of the Cabot Public Library for helping us financially to bring this program to the Library. Please stop in at the library, look at the options for future book discussions and give us your opinion for the next one.

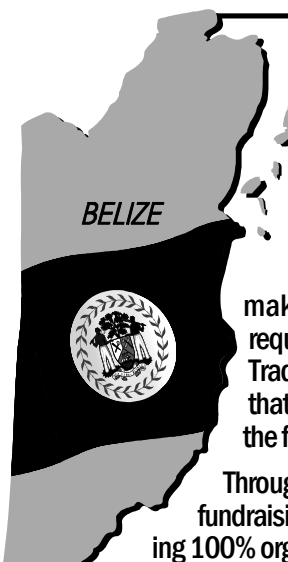
Vermont Reads

Together, the Cabot Public Library and the Cabot Public School applied for and were awarded 50 copies of Katherine Paterson's new book, *The Day of the Pelican*, by the Vermont Humanities Council's 2010 Vermont Reads program. Currently, students in the Cabot middle school are reading this book and are preparing for a community event. We invite you to check out a copy of *The Day of the Pelican*- they are now available at the front desk.

Adventure Book Club -

Thanks to our eight intrepid adventurers- Caleb Blair, Calem and Solomon Jenkins, David and Alan Moody, Leo Parlo, and Ethan and Jonah Socks. They have completed reading *The Dragon of Lonely Island* by Rebecca Rupp, worked on an outdoor shelter, hiked and bushwhacked along trails, streambeds and up to Nichols Ledge. Special thanks to Karen Alexander for arranging their mystery adventure!

(See "Library", page 7)



Belize Trip Fundraisers

Fair Trade Coffee Available

"Coffee Roasted for Friends"

Did you know that it takes 4,000 coffee beans to make a pound of coffee? Each coffee cherry is picked by hand, requiring meticulous attention to detail and arduous work. Fair Trade ensures that coffee farmers receive a price for their coffee that is based on their cost of production and cost of living, not on the faceless commodity price.

Through Vermont Coffee Company's "Families Helping Families" fundraising program, Cabot School Belize trip participants will be selling 100% organic fair trade coffee.

Not only are they raising money for Cabot School, they are supporting the Fair Trade philosophy. Fair trade ensures a fair price for farmers, allowing farm families to send their children to school, build libraries, afford health care and practice sustainable farming.

Please help support the Belize trip, as well as help farm families in developing countries by telling your friends, co-workers, neighbors and even the postman, about the "Families Helping Families" fundraiser. You can learn more about the coffee and the people who bring it to you at: vermontcoffeecompany.com.

You can contact any Marine Biology or CANAC student, or call Michael Crocker at 563-2289, ext. 230, to place an order for Dark, Mild, Tres Mariposas or Café Alta Gracia @ \$12 each or Decaf @ \$13.

Orders are due by: Wednesday, December 8
(a second order can be placed for orders received later)
Please make checks payable to: Cabot School

With the help of you and your family, the kids can meet their fundraising goals and support small-scale farmer families worldwide.

Also an Auction!

There will also be an auction in December, and students will begin requesting donations soon. Please watch for items you no longer need and set them aside to support the Marine Biology and Cultural Anthropology students. If you don't get a call, please call 563-3147 and let us know of your interest.

Your support is greatly appreciated by students, parents and teachers alike.

LIBRARY

COMMUNITY NEWS

(continued from page 6)

Game Club- Wednesdays, 3-4p.m., Ongoing

Back by popular demand! Bring your own game or come play ours- all are welcome! Light snacks provided. Computers will be turned off during Game Club.

Calling All Library Materials!!

If you have Library materials hiding in a corner, under a bed, or in a closet, please return them!! We are trying to get our books, magazines, and movies back to the Library. We need to get them into the automation system. Thank you for looking for these items. Also, many thanks to the folks who have found these hidden materials and have already returned them to us.

Thank You:

Thank you Tim Walker for always taking care of our recycling- you are so appreciated!!

Thanks to Julia Shipley for two fun, creative Mapping Workshops!

Thanks to the many volunteers who have been helping to shelve books: Caleb Blair, Paula Davidson, Kathleen Higbee, Tamara Feldman, Vicki Palmer and Roz Vara - it helps get the books back on the shelves in a much more timely manner!

Thanks also to the Cabot Library Board of Trustees who volunteer many hours each month attending meetings, working out policies, budgeting, and helping to guide us with ideas to make the library a thriving one and a community center: Karen Alexander, Paula Davidson, Kathleen Higbee, Marge Trautz and Jon Vara.

Book Review:

Elantris by Brandon Sanderson

From Publishers Weekly Starred Review. Sanderson's outstanding fantasy debut, refreshingly complete unto itself and free of the usual genre clichés, offers something for everyone: mystery, magic, romance, political wrangling, religious conflict, fights for equality, sharp writing and wonderful, robust characters. The godlike inhabitants of Elantris, once the capital of the land of Arelon, have degenerated into powerless, tortured souls, unable to die, after the city's magic inexplicably broke 10 years earlier. When the same curse strikes Prince Raoden of Arelon and he's imprisoned in Elantris, he refuses to surrender to his grim fate and, instead, strives to create a society out of the fallen and to unlock the secret that will restore the city's glory.

Happy, Safe Holidays and See you at the Library!

Kathleen Hoyne and Anne Walker



Cabot Library Reminders:

• **Story Hour** on Tuesday, at 10:30 am

• **Fall Hours**

Tue 9-6, Story Hour at 10:30 am

Wed 2-6,

Thu 11-6,

Sat 9-2

Closed Sunday, Monday, and Friday

• **State Parks, Historic Sites, Echo, and Historical Society Passes** available to borrow

• **Listen UP! Vermont!** Online, downloadable audiobooks for free

• **MP3 Players** to borrow (thanks to the Friends of the Cabot Public Library)

We will load the audiobook for you from the Listen UP! Vermont! Website.

You Didn't Hear It From Me...

Rumor has it that Christmas tree farmers have to watch out for deer hunters in the woods swiping trees. Can this be true? Surely, not in Cabot!

Keith Burt sold all his apples at his Cabot Plains Road orchard - incredible. An empty orchard must mean a good marketing plan. The deer are complaining, already.

Congratulations to Rita Durgin - she's leaving her job at the Department of Motor Vehicles to work for the Vermont Army National Guard as a Family Assistance Specialist in Lyndonville. Who better?!!!!

A big thank you to Greg and Stephanie Burt, who opened their home for a Mentoring Game Night. More than 20 participants attended, enjoyed a game of monopoly, a snappy card game and plenty of pizza.

Todd and Lela Jones were outstanding in their roles in 'Annie', performed by the Vermont Family Theater. Lela was an orphan, while dad, Todd, was none other than Daddy Warbucks! The musical was held at the Memorial Building in Barton. The Cabot actors are looking forward to being a part of Cabot's upcoming production.

The word in some contra-dance circles is that Cabot has never been a 'dancin' town... What does that mean? Didn't Cabot host one of the best bicentennial balls in the state? Watch for some upcoming community 'dancin' opportunities.



Ponder This..... Pot Shown to Damage Young Users' Brains

Smoking marijuana regularly before the age of 16 causes changes in the brain that can impair a young person's ability to focus, learn from mistakes and think abstractly, according to a Harvard study.

On brain scans, the youngest pot smokers showed activation in regions of the brain that was not seen in those who started smoking after age 16, suggesting early exposure to marijuana causes neural changes, researchers at Harvard-affiliated McLean Hospital found.

Early and habitual users performed more poorly on tests of cognitive functions, including mental flexibility.

Research on how marijuana changes a developing brain is important, as it's the most frequently used illegal drug in the United States. Almost 16 percent of eighth graders have tried marijuana,

The cell signal at Cabot School seems to be spotty and not reliable. Anyone else experiencing this?

It seems that Cabot residents should be able to claim Cabot mailing addresses. That would make for less confusion. When you are a community member, it doesn't seem right that some Cabot folk have to pay for post office boxes to have a Cabot address, while other residents have their mail delivered for free.

Well over 75 people attended the Supervisory Union's 2012 school budget meeting on 11/15. Great attendance, but not enough information to give the School Board real feedback or recommendations. It's difficult to evaluate budget cut recommendations without seeing what the rest of the budget contains. The community needs to educate itself about the whole picture to be effective partners with the school board in dealing with budget deficits and funding reductions. The school board is doing its job in giving us recommendations, but we owe it to them and ourselves to understand the budget as a whole and give them input.

The lasagna dinners made by the Belize group were some of the best made over the last years. They were delicious and cheesy!

On a similar note, the Annual Cabot New Traditions Community Dinner was also delicious and was well attended. Thank you Chef Dave Hale.

Land Use and Natural Resources are Subject of Next Public Work Session

By Irene Nagle

On Monday evening, December 13th, at 6 p.m. in the Willey Building, the Cabot Planning Commission will be holding a public work session on the "Land Use" and "Natural Resources" components of the Town Plan.

Light refreshments will be served.

The Land Use section of the Town Plan lays the groundwork for Town's land use regulations, including the local zoning ordinance, making it one of the most critical sections of the Town Plan.

If you have questions or would like to voice your concerns as the Planning Commission crafts the goals and implementation strategies for the Land Use and Natural Resources sections of the Plan, this is the work session for you!

Preliminary drafts of these sections will be available for review at the Town Clerk's office the week of December 6th.

Although an RSVP is not required, the Planning Commission members would like to have an idea of how many cookies to bake, so please RSVP to Gary Gulka at cabotplanning@gmail.com.

As always, public engagement is critical to the long term success of the Town Plan. We hope to see you there!

OFFICIAL NOTICE CABOT SCHOOL NOTIFICATION OF ASBESTOS MANAGEMENT PLAN AVAILABILITY November 15, 2010

To: All Cabot Employees
From: Nancy Thomas, Superintendent

The Asbestos Hazard Emergency Response Act (40 CFR 763.93 (g)(4) requires that written notice be given that the following building has a Management Plan for the safe control and maintenance of asbestos-containing materials found in the building. This Management Plan is available and accessible to the public at the administrative office of each facility below:

Cabot School, 25 Common Rd
Cabot, VT Ph. 802-563-2289
Washington Northeast Supervisory Union, 149 Main St. 2nd Floor
Plainfield, VT Ph. 802-454-9924



Thank You

I would like to thank the voters of Cabot, Danville, and Peacham for re-electing me to the Vermont House of Representatives. There are a number of serious challenges ahead, and I look forward to being your voice in Montpelier. Please feel free to contact me with questions and concerns.

Kitty Beattie Toll

STATE REPRESENTATIVE

P.O. Box 192, Danville, VT 05828

Committed to Our Communities

CABOT • DANVILLE • PEACHAM

D-Caledonia-Washington-1

Email: kittytoll@live.com

802-684-3671



**Flight Instruction
Wildlife Habitat Surveys
Cremains Scattering
Aerial Photography
Scenic Flights**

♦
Will Ameden, CFII

♦
1009 Ducharme Rd.

Marshfield, VT 05658

802-563-2351

catamountaviation@wordpress.com



COMMUNITY CALENDAR

Wednesday, 12/1

The National Marionette Theatre - Sleeping Beauty, Fuller Hall, St. Johnsbury Academy, 10:00 a.m. & 1:00 p.m., \$4.00. The National Marionette Theatre is one of the oldest continually running marionette theaters in the United States. This production combines beautifully crafted marionettes with the timeless music from Tchaikovsky's ballet. Information: 748-2600.

Classic Film Night: Adam's Rib, Jaquith Library, Marshfield, 7:00 p.m., free. This classic battle-of-the-sexes stars Katharine Hepburn and Spencer Tracy as a married couple who are also trial attorneys duking it out on opposite side of celebrated divorce.

Friday, 12/3

Ski Touring the Kingdom: Kick-Off Party at Burke, Burke Mountain Sherburne Base Lodge, 7 p.m., \$10 cover with all proceeds benefiting Northwoods' recreation and conservation programs. Film excerpts, shop talk, and a showcase of the latest gear. Live local music. Free giveaways, raffle. Information: 723-6551 or 723-4705.

Family Contra & Square Dance, Danville Town Hall, 8:00 p.m., donation requested. Chip Hedler will do the calling and David Carpenter will lead the band. The dances are taught and are easily learned by young and old. The Danville Family Contra and Square Dance is held on the first Friday of the month through May. Information: 563-3225 or email samlyman@sover.net.

Handel's Messiah, St. Augustine Church, 7:30 p.m., admission. The Vermont Philharmonic Orchestra is pleased to present its annual rendition of Handel's Messiah (Christmas portion), Lisa Jablow directing. Information: 485-6338.

Friday, 12/3-5

Vermont International Festival, Essex Junction, Fri. 5:00- 8:00 p.m., Sat 10:00 a.m.-6:00 p.m., Sun. 10:00a.m.-5:00 p.m., \$3-\$6, under 6 free. This festival showcases the diversity of Vermont with arts, crafts, food, dance and musical performances representing cultures from all over the world. Over fifty vendors. Friday, 12/3, is Children's Day, children can have a passport stamped by all of the countries represented at this celebration of the arts. Information: 893-4082 or www.vermontinternationalfestival.com.

Saturday, 12/4

Memorial Bulb Tree Lighting and Annual Christmas Concert, Cabot United Church. Tree lighting at 6:30 p.m., concert at 7:00 p.m., musical surprises, sing-along, carols. Refreshments following. Free, donations welcome. All are welcome. Information: 563-2278.

Belize Auction, 10 a.m., school gym. *See flyer insert.*

Saturday, 12/4-5

41st Annual Burklyn Arts Holiday Market, Lyndon Town School, Lyndonville, 9:00-4:00 p.m. Sat, 10:00-4:00 p.m. Sun. Over 60 juried Vermont artists and craftspeople, Chinese Auction, luncheon, baked goods and more!

Sunday, 12/5

Handel's Messiah, Barre Opera House, 3:30 p.m., admission. The Vermont Philharmonic Orchestra is pleased to present its annual rendition of Handel's Messiah (Christmas portion), Lisa Jablow directing. Information: 485-6338.

Monday, 12/6

3rd Cabot Community Bread Oven Planning Meeting, Cabot School room 204, 5:00 p.m. We'd love to have more involvement!

Winter Reading and Holiday Gift Ideas from Linda Ramsdell (of the Galaxy Bookshop) to be held at the Cabot Public Library, 6:30-7:30 p.m. Information: 563-2721.

Wednesday, 12/8

Free Food Share, Cabot Mason's Hall, Noon until 2:00 p.m.

Foot Reflexology Workshop, 6:30-7:30 p.m., \$15.00. Reflexology is an ancient healing technique to enhance energy flow along the body's meridians: reduce stress, promote deep relaxation and bring natural relief from many physical, mental and emotional ailments. Participants will learn basic reflexology techniques, reflex points on the feet, benefits and self-care to promote health and well-being. Alicia Feltus, foot reflexologist and yoga instructor, will lead this fun and informative workshop. To register and for more information contact Alicia 563-3220 or aliciafeltus@gmail.com.

Homeschool Wednesdays, Vermont Historical Society Museum, Montpelier, 1:00-3:00 p.m., ages 6-12, \$3-\$5. In the 1830s, Vermont had more sheep than people! Investigate how changes in farming affected Vermont's landscape and economy. Pre-registration suggested: 828-2180.

Thurssday, 12/9

Aging – and Planning How to Do It, The Health Center, Plainfield, 7:00 – 8:00 p.m. The second in a series, a panel of representatives from central Vermont resources will lead the discussion. How long can I mow the lawn? Will errands become a burden? Can I stay where I am? What legal work needs to be in place? What resources are there to guide me as I make decisions? Information: 454-8336.

Saturday, 12/11

Crafty Saturdays @ Vermont Historical Society Museum, Montpelier, ages 6-12, free with admission to the museum (\$12 families |\$5 adults | \$3 students and children), 1:00-3:00 p.m., “drawing chalk pictures of the night sky”. Information: 828-2180.

Victorian Holiday Open House at the Fairbanks Museum, St. Johnsbury. Seasonal sweets and festive treats! Make holiday crafts for decorating or giving.

Sunday, 12/12

Elve's Workshop, at Cabot United Church, 3:00-5:00 pm. Parents are invited to drop off their children ages 3 though middle school, or stay and help. Make your own "Surprise Gifts". Presented by the Cabot United Church and Cabot Connects Mentoring Program. Information: 563-3254 or 563-3338.

Monday, 12/13

Free Community Dinner, Cabot Mason's Hall, 5:00-7:00 p.m.

Land Use and Natural Resources, at next public work session of the Cabot Planning Commission, 6:00 p.m., Willey Building, Cabot. The Land Use section of the Town Plan lays the groundwork for Town's land use regulations, including the local zoning ordinance, making it one of the most critical sections of the Town Plan. If you have questions or would like to voice your concerns as the Planning Commission crafts the goals and implementation strategies for the Land Use and Natural Resources sec-

tions of the Plan, this is the work session for you! Light refreshments will be served. Please RSVP to Gary Gulka at cabotplanning@gmail.com.

Tuesday, 12/14

Senior Adventure Morning, Cabot Mason's Hall, 10:00 a.m., includes lunch.

Yoga at the Cabot Public Library, 12/14, 21 and 1/4, 18, 25 – 6-7:30 p.m. – Give Yourself the Gift of Wellness for the Holidays! Alicia Feltus \$10.00/session or \$40.00 for all 5. Information: 563-2721.

Saturday, 12/18

Live Creche, Longfield (Rockwell) Farm, end of Houston Hill Rd., Cabot, 4:00-5:30 p.m. Live animals, carols, more. All are welcome. Information: 563-2278.

The Nutcracker presented by the Vermont Ballet School, Flynn Theater, Burlington, 2:00 and 7:00 p.m., \$32.00/\$28.00/\$21.00. For children of all ages, come and be enchanted by the magic, music and dance as Clara makes her journey to the land of the sweets. Information/tickets: 863-5966 or www.flynntix.org.

Sunday, 12/19

The Nutcracker, (see 12/18), Flynn Theater, Burlington, 1:00 and 6:30 p.m., \$32.00/\$28.00/\$21.00.

Tuesday, 12/21

Free Food Share, Cabot Mason's Hall, 2:00-4:00 p.m.

Youth Holiday Market, Come buy, sell or trade your stuff that's still in good condition. Be at the Library at 3:00 if you would like market space. We'll help with stickers for pricing which should be in the range of 25¢ to \$5.00. Great opportunity to do holiday shopping for siblings and friends.

Wednesday, 12/22

School Concert, CSPAC building, Cabot School, 7:00-9:00 p.m. 5:30 - 6:30 p.m., before the school concert, there is also the dinner in the school dining hall to benefit the spring 2011 8th grade trip to Washington, D.C., \$6 per person or \$20 for a family of four. For advance tickets see any 8th grader or call 563-3052 or 563-2727.

Friday, 12/24

Annual Christmas Eve Candlelight Service. Cabot United Church, 7:00 p.m. All are welcome. Information: 563-2278.

Thursday, 12/30

School Vacation Fun, Vermont Historical Society Museum, Montpelier, 1:00-3:00 p.m., ages 6-12, \$3-\$5. The railroad brought some people to Vermont, and carried others, including Civil War soldiers, away: find out how the railroad changed the population and landscape of Vermont. Try out a telegraph machine and participate in a related activity. Pre-registration suggested: 828-2180.

Friday, 12/31

First Night in St. Johnsbury. Music, entertainment, fireworks, games, food, fun throughout downtown St. Johnsbury to ring in the New Year. Information: <http://www.firstnightstj.com/>.

Ongoing:

Cabot Playgroup, Every Wed. 9:30 through 11:00 a.m., Cabot United Church basement, free, ages 0-4. Snacks provided, all are welcome. Information: 563-2184 or 563-2034.

Yoga for Wellness, Tuesdays 6:00-7:30 p.m. and Friday 8:30-10:00 a.m. in Cabot. Thursdays 6:00-7:30 p.m. in Walden. Certified Integral Yoga instructor. Alicia

Feltus. All classes are multi-level and combine stretching, core strengthening, breathing and deep relaxation. Information and registration: 563-3220.

Cabot Recreation Dept. monthly meeting, second Tuesday of each month, Willey Building, Cabot, 6:00 p.m.

Story Hour, Cabot Public Library, Tuesdays 10:30 – 11:30 a.m. Join us for a book or two followed by a craft project. For the preschool aged patron.

Game Club at the Cabot Public Library, Wednesdays 3:00 – 4:00 p.m. Join us for a game, play one of ours or bring your own. Snack will be provided.

Just Parents, Mondays 7:00 p.m., meet with parents and discuss concerns for drugs and kids, Parent Child Center, St. Johnsbury, 748-6040.

Planetarium Show, Fairbanks Museum, St. Johnsbury, Saturday and Sunday 1:30, \$5.00, 748-2372.

Scrabble Club, 1st Saturday, St. Johnsbury Athenaeum, Noon-4:00 p.m., 748-8291.

Dance in the Kingdom, Latin and Ballroom, 1st and 2nd Saturdays, Good Shephard School. Lessons at 7:00 p.m., open dance 8:00-10:00 p.m., 748-3044.

PUBLIC NOTICE
UDAG COMMITTEE
INFORMATION MEETING

An information meeting will be hosted by the UDAG Committee on Thursday, December 16, at 7 p.m., in the Selectboard meeting room/Cabot Coalition office at the Willey Building. The purpose is to give Cabot residents the opportunity to learn about UDAG grant proposals that will be presented for Australian ballot vote on Town Meeting Day 2011.

Proposals from the following organizations have been deemed eligible for consideration under UDAG Plan rules:

Cabot School Foundation Drainage Project
Farm to School Committee
Cabot Chronicle

The submission of grant proposals to voters does not constitute an endorsement of any grant proposal by the Committee. Each voter must decide if a particular grant proposal is a worthwhile use of UDAG funds, and cast their vote accordingly. Each voter must indicate a YES or NO for each grant proposal. All grants that receive more YES votes than NO votes will be funded. All proposals receiving more NO votes than YES votes will not receive a grant at that time. Funds may be used only for the purposes specified in the grant proposal as submitted by the Committee to the voters prior to the vote. These proposals will be on file at the Town Clerk's Office.



SANTA'S EXPRESS MAILBOX

Announcement for kids - Santa's express mail box is at the post office right now until Christmas Eve.

We Appreciate the Goodwill, Good People and Good Business the Cabot Creamery brings to the Greater Cabot Area.

Dana Beede	Harold Houston	Aileen Curschmann	Gary W. Savoca	Cabot Village Store	Mark Collier
Tim Considine	Desiree Chadderton	Edward Domey	Gene Williams	Harry's Hardware	Amy J. Cooke
Kathleen Hoyne	Chris Chadderton	Crystal Davies	Lynn M. Jones	Julie Ackermann	Todd Houston
Anne C. Walker	Niall McCallum	James R. Abbott	Cecil Metcalf	Amy Bothfield	Tammy Baker
Aileen Byers	Ann Cookson	Douglas Blondin	Elaine Metcalf	Vene Harding	Alex Anlyan
Joanne Luce	David Hale	Jean Calcagni	Dave Rathbone	Ann Harding	Rose Bothfeld
Lori Clark	Chris Tormey	McCallum	Ashley Nunn	Harry A. Huntley	Walter Bothfeld Jr.
Cia Considine	Diana Klingler	Paul Stecker	Thomas Considine	Cheryl Huntley	Walter Bothfeld Sr.
Guthrie Perry	Ruth Kaldor	Andrew Smith	Robin Considine	Lori Augustyniak	George Bothfeld
Jimmy Ackermann	Vincent Churchill	Edward D. Evans	Gwen Considine	Pam Wheeler	Liza Bothfeld
Bonnie Beede	Eddie Hall	Mary Lou DeLacy	Jeanne LeVasseur	Haldane Hanson	Sandra Schmitt
Sherri Norman	Glen Graham	Kate Ackermann	Mark Codling	Larry Gochey	Amanda Legare
Stephany Searles	Bob Maier	John Christman Sr.	Dan Molind	Walter Churchill	Danny Sicely
Bobby Searles	I.J. Paquin	Tyler A.C. Mason	Jen Churchill	Kenneth Gokey	Sue Ackermann
Maria Acchione	Erin Paquin	Christian H.	Timothy Gochey	William Wheeler	Michael Belenky
Sandra Mennella	Stephen Cox	Curschmann IV	John D. Greaves	Susan Gokey	Phillip L. Paull
Michael Cookson	Paul Plotz	Elizabeth Stratton	Claire Greaves	Nicole Gokey	John A. Kaptan
Theresa Lay-Sleeper	Jackie Taylor	Kenneth Denton	Christa Scholz	Stephen Watkins	Allan Huntley
William Walters	Jennifer Taylor	John Duke	Nelson Abbott	Jan Westervelt	Tyler Roberts
Connie Hourihan	Aaron Fuller	John Morse	Tamie Blaisdell	Peter Ackermann	Cerena Roberts
Bonnie Dannenberg	Lisa North	Kempton T.	Brian Blaisdell	Doug Cooke	Valerie Covell
Peter Dannenberg	Jage North	Randolph	Christy Aucoin	Duane Stevens	Cynthia Russell
Rosemarie Lamore	Dave Manning	Erik Ducharme	Karen Church	Ben Ackermann	Leslie Nelson
Morris Lamore	Charles J. Miner	Natalie T. Branon	Larry Thibault	Patricia Foster	Deborah Maxwell
Blanche Lamore	Michael J Southworth	Jon Martin	John Hammer	Jill Ackermann	Brian Amones
John Grosvenor	Don DeLacy	Kayla Therrien	Helene Gosselin	David Pike	Denise Ouellette
Gary Gulka	Betty Ackermann	Aubrey Keene	Dave Carroll	Lucas Persons	Mica Mangen
Steve Fiske	Paul Andrews	Jordan Hale	Michael O'Rourke	Jim Lubas	Darcey Mangen
Amber Perry	Virginia Surridge	Emily Dale	Rick Villeneuve	Terri Dailey	Edward Fox
Clay Whitney	Nancy Casey	Paul Wade	Paul Yamamoto	Stella Hermansen	Karen Fox
Clifton Bancroft	Sharon Carpentier	April J. Nunn	Leonard Manoult	Cheryl McQueeney	Matthew Robinson
Anthony Silveria	Glee Charlesstream	David S. Carpenter	Cherry Gochey	Rob Maier	Michael Hogan
Harry Foster Jr.	Kethryn Hosko	Ken Christman	Anna Pike Greaves	Paul Sicely	Frank L. Thompson
Linda Walbridge	Rochard Young	Ken Klingler	Heather Stone	Richard Hourihan	Ron Lay-Sleeper
Shelly Foster	Travis Ray Daigle	Irene Harvey	Robert Harrison	David Tremblay	Chris Riddell
Carl Bean	Ian Ackermann	Deborah Rossell	Peter Surridge	Perley Greaves	Ry Hoffman
Vicki Bean	Tara Rogerson	Mark Bromley	Ed Larson	James Houston	Marie Thompson
Shirley Ducharme	Richard Lashoonies	Samuel Bromley	Doug Hill	Damien Dunham	Jackie Bromley
Fred Ducharme	Angela Dana	Michael D. Maxwell	Dan Dunham	Wayne A. Martin	Norris Maxfield
Richard E. Danner	David Stevenson	Stephanie Manning	Faye Longo	Marvie Domey	Lynn Maxfield
Martha Foster	Angie Mayo	Valerie Roberts	Linda Gabrielson	Carlton Domey	Chris Maxfield
Allan Perry	Brian Richardson	Dick Payne	Jeannie Johnson	Daniel Cookson Jr.	Jeremy Maxfield
Allison Joyal Silveria	Judy Richardson	Julia Jurkiewicz	Will Ameden	Ramona Cookson	Gloria Watkins
Erna M. Perry	Michael Gokey	Christine Batey	Nancy Thomas	Stephen J. Hogan	Roland D. Payne
Barry Goldensohn	Martha Rockwell	Paula Hanson	Karen Stewart	Seth O'Brien	Cecile Payne
Lorrie Goldensohn	Scot Williams	Todd R. Jones	Lynn Rockwell	Marcy Martin	Noel C. Duprey
Leonard H. Spencer	Liza Lamore	Judi Joy	Sue Freeburn	Rosalind Daniels	<i>and others...</i>
Nancy Houston	Al Curschmann	Linda Savoca	Walt Ackermann	John C. Daniels	

These are some of the over 300 people from Cabot, Walden, Marshfield, Barre City, Barre Town, Montpelier, Woodbury, Moretown, East Montpelier, Barnet, Orleans, Waterford, Sheffield, Hardwick, Worcester, Derby Line, Danville, East Hardwick, Calais, Craftsbury, Albany, West Danville, Kirby, Fairfield, and Greensboro in Vermont, Wrightstown in New Jersey and Hode Sound in Florida who have signed their names in appreciation of the Cabot Creamery.

This Announcement proudly sponsored by:

Harry's Hardware

CABOT GARAGE, INC.

Cabot Village Store

Smith Farm

SENIOR NEWS



DECEMBER ROCKS AT
TWIN VALLEY SENIOR CENTER

By Stacey Sharp

Twin Valley Senior Center is gearing up for December. It was a busy November, with our hearty community Hunter's Breakfast, Thanksgiving dinner, exercise, health clinics, bingo and so much more. December promises to be just as busy.

On December 1, a representative from Central Vermont Council on Aging will be available from 10 a.m. -1 p.m. to review your Medicare D prescription plan to help you understand your plan and make any changes on the Medicare Part D policy to assure you have the right plan. Medicare will not allow any changes after December 31, 2010, for the upcoming year. If you are interested in help, please come with a list of your present prescriptions. This is a free service, and if you have questions, please contact the center at 426-3447.

TVSC is busy with activities this month and is welcoming interaction with our larger community, especially our youth:

- We are fortunate and want to extend a very warm welcome to Kevin Mulligan from Spruce Mountain, who is joining as a new volunteer. His smiling face and youth will be a great asset to the Center.
- In the very near future, we will be collaborating with Maple Hill Community School students, who are offering volunteer services to the Center. We applaud the youth in our area for helping us, plus becoming friends and helping our wonderful seniors.
- We are collaborating with Earth Walk Vermont, which is bringing a program for the young and elderly, reconnecting seniors to the natural world, through nature walks through the seasons, as well as sharing activities, earth-crafts, stories and songs.

- Qi Gong classes are up and running at the center. The classes are every Wednesday morning at 9:30 a.m. at the center and there is a \$5 charge.
 - The next Foot Clinic is scheduled for December 27. Please call 223-1878 for your appointment.
 - As always, everyone is welcome and invited to our Healthy Aging Exercise Program Mondays, Wednesdays, and Fridays, and Bingo Fridays!
- Santa Claus is coming to town!!! Be naughty, be nice - everyone is welcome! Come get your picture taken on Santa's lap. Monday, December 20th, Twin Valley will be very joyous and festive with our Christmas Dinner at the center, which also will be received by our Meals on Wheels recipients. The volunteers and staff at the center encourage you to join a senior family member, neighbor, or friend that day for a delicious turkey dinner with all the fixings. We will have our annual Christmas party, with the help of Santa and his elves. Music and sing a-longs are enjoyed by everyone at the center, so, if you are available a couple of hours that day (or any day we are open), and could help us with some music and singing, we would certainly love to hear from you. I spoke with Santa, and he said that he will be visiting the seniors with gifts for them, as well as for our homebound and disabled family members. If you will plan on attending, a call to the center would be appreciated, so we can be sure we have the extra seating added. We certainly would love to have you join us to see what fun we have.
- We are looking desperately for volunteers to assist us from 8 to 10 a.m. with our ever growing Meals on Wheels program. We need to have people to help package the meals for delivery, to help prepare the meal trays, seal and label them. Back up drivers are needed for delivery of the meals. The process takes many hands and can be done within a two-hour time span. We do these three days a week. If you could assist us one, two or three times a week, your help would certainly be welcomed. There is mileage reimbursement for the volunteer drivers. So start your New Year off right by giving TVSC some of your time, and give us a visit or call to see how such a little bit of your time helps support our elderly and disabled neighbors stay nutritionally strong and able to remain in their own homes.

FAITH IN ACTION

By Faye Longo

With the Holiday season upon us, it's heartwarming to see the feelings of joy and gratitude bringing our community closer together. Being an employee at a nonprofit, I'm given the opportunity to witness these communal acts of kindness every day. From our individual volunteers, to groups from the Cabot High School, local businesses, farms, and the Creamery, we are shown each day the depth of our community's closeness and caring.

As many of you know, the Cabot Creamery has shown us and its community support by picking up and delivering more than 7,000 pounds of food for our Wednesday, November 12th, Food Share. This was a very strong show of community support as well as an act of concern and kindness for those people we serve.

What most are unaware of are the 'everyday heroes' throughout our community, such as the wonderful students from Cabot School's Tech Group who have been coming to the Food Share, without fail, since the beginning of the year. These kids have volunteered at every Food Share and have even come back after school hours when there was still work to be done. They are an example of what volunteering is all about! They do a wonderful job and bring much life and laughter into these events; I hope that each of them realizes how deeply their contribution touches us all. There is also Blackwell Farm, who donates organic produce and/or eggs whenever they can, as has Cabot Smith Farm, the Creamery Visitor's Center, Nichole Ling of Walden, and many other private citizens.

In an ongoing effort to give back to our community, along with our regular

events, we will be having a free book give-away for Cabot School grades pre-k - 3rd on December 6th; thanks to the efforts of volunteer Diana Klingler, who received a donation of 150 books from the Children's Literacy Foundation on our behalf. For a full list of events and programs, please see the Calendar section and watch for updates on the Cabot, VT, blog at <http://cabotvt.us/blog/>.

FIANCP (Faith in Action Northern Communities Partnership) offers many programs, events and services through its Cabot office and branch office in Lyndonville, including the twice-monthly Food Share, our monthly Senior Adventure Morning with Erma Perry in Cabot and Julie Schafer in Calais/Woodbury, Free Community Dinners, and many other classes and events. Through our volunteers we are able to offer help with transportation, friendly visiting, homemaking and repair services, and much more. We are always working towards our goal of helping our elderly and disabled neighbors stay in their homes and communities as long, happily, healthily, and safely as possible.

Every service, event and program offered by FIANCP is FREE of charge!

If you know someone who could use some help or are interested in volunteer opportunities, please call us at (802) 563-3322 or stop by the office. We are also seeking volunteers who would like to join us in developing a community garden here in town. Our pilot garden in St Johnsbury produced 13,550 pounds of produce this year, which was distributed to free meal sites and food shelves in five different communities, including our own. Anyone interested should give us a call.

Faith In Action December Foodshare and Events

Event/Program Name	Date	Time
Food Share	Dec. 8 th , 2010	12 – 2pm
Community Dinner	Dec. 13 th , 2010	5 – 7pm
Senior Adventure Morning	Dec. 14 th , 2010	10am - lunch
Food Share	Dec. 23 rd , 2010	2 – 4pm

Mason Hall Kitchen



The recent renovation of Cabot's Masonic Lodge included bringing the kitchen up to public building standards. The new kitchen is equipped with two ranges, a new sink, plenty of counter space and cupboards. These improvements were made through the efforts and funds of the Faith In Action Northern Communities Partnership, together with town UDAG funds. The updated town space is available for community use. Contact the Town Clerk for details at 563-2279.

Youth Holiday Market

Tuesday, December 21st,
3 p.m. to 5 p.m.

At the Cabot Library

Come buy, sell or trade your stuff that is still in good condition. Be at the library at 3 p.m., if you would like market space. We'll help with pricing. Items should be in the range of a quarter to five dollars. Don't miss this great opportunity for holiday shopping for your siblings or friends!



SPORTS & RECREATION NEWS

Cabot Recreation Trails Update

By Cynthia Russell

This season's first Cabot Recreation Trails meeting took place at the Cabot Coalition office, Friday morning, November 5, 2010. The committee set two major goals: to complete the orange loop, located on the west side of Cabot, and to complete the Cabot Town Forest project, given a boost by soon-to-be Eagle Scout Matthew Nally. Congratulations, Matt, on your accomplishment and dedication, and many, many thanks for your work in the Cabot Town Forest. The new kiosk and sign at the trailhead are wonderful additions to the town.

Since the committee hadn't met since last April, excitement was high with all the possibilities for trail enhancement discussed over the summer - from accessing grant money for tools to clear and build more kiosks and make more signs, to paying for services. There was considerable discussion about where to locate an available bridge and, once found, where and how to place it. We may need a flatbed, so if anyone's willing to donate that help, it would be most welcome.

Several more landowners are on board, having submitted permission

forms allowing Cabotian hikers, snowshoers and skiers to cross their land. (Landowners are protected from liability by Vermont statute, which alleviates landowners' responsibility.) Some landowners on the east side of town have granted additional permission for bikers and horseback riders to cross their land.

If you're interested in getting out to do some clearing, mapping, or marking, please come on alternating Fridays at 9:30 a.m. to the Cabot Coalition office. The next gathering is December 3rd. If you're a mentor, please consider this an opportunity to spend some time with your mentee. After a brief check in, we'll be doing some trailwork.

If you're interested in being on an e-mailing list or would like information or have suggestions, please contact Libby Hale at libbyhale1@gmail.com or Cynthia Russell at zynia13@yahoo.com. Libby can be reached by phone at 563-3226.

If we reach our goal of completion of the Orange Trail by spring, look for news in this space announcing the *Cabot Fever Tour* when we can do the loop as a group celebration. See you on the trail!

Buck Meets Doe

By John Buck

One of the evolutionary adjustments whitetail deer have made is to reproduce early and often. A six-year-old whitetail doe can easily become a great-great-grandmother, and she can continue to produce fawns each year until she is ten years old.

Most deer in New Hampshire and Vermont are born in early summer, and they reach sexual maturity when they are little more than a year old. Young bucks start growing their first set of antlers in the summer; young does will be entering their first estrus in November. Female deer can be even more precocious, reaching sexual maturity at six months of age if they live in good habitat. Sexual maturation of both sexes is largely dependent on body size, which in turn depends on habitat quality and age.

Because we live in an area with severe winters, a short, precisely-timed breeding season is key to fawn survival. A doe's gestation period is 200 days - if she gives birth too early, a fawn will be exposed to freezing temperatures and the doe may not have sufficient greenery with which to stimulate her milk; if she gives birth too late, the fawn may not be robust enough to survive its first winter.

To address this, deer have a built in breeding alarm clock that's set by the amount of light in a day. In autumn, the pituitary gland is stimulated into reproductive function by the gradual shortening of the length of time it is exposed to light relayed by the optic nerves. The pituitary regulates the hormones responsible for the bucks' sperm production and the does' ovulation. The three important hormones are follicle stimulating hormone (FSH), luteinizing hormones (LH), and prolactin or lactogenic hormone (LTH). In bucks, these hormones act together to initiate the production of testosterone, which, along with FSH, enables the manufacture of sperm cells. Testosterone also influences antler development, body strength, and aggressive behavior.

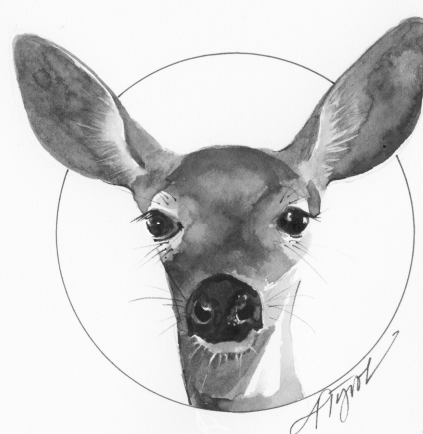
In does, these hormones promote follicle development in the ovaries and the production of estrogen. Estrogen is responsible for increased development of the female sex organs and for the behavioral changes that permit a single buck to court her. Estrogen also prepares the uterus to receive the mature eggs that will soon rupture from the ovaries.

All of this hormonal action comes to fruition around the end of October, when

the first does will come into heat. The peak of conception typically occurs the third week of November, followed by very diminished breeding activity into early December. For only 24 hours, the doe will be receptive to the buck's courting. Over the course of the following three weeks, almost every doe in the twin states will go into estrus, and, amazingly enough, considering the brief window of opportunity, the great majority of them (over 90 percent) will be bred. Does will give birth the following spring, usually to twins.

Occasionally, conception will not occur, usually because the doe was young or the buck did not have viable sperm. When this happens, the doe will go through her pre-estrus cycle again and become fecund in approximately 28 days. If conception doesn't occur until late December, fawns will not be born until mid-July. This late birthing limits the amount of time for the newborns to grow before the onset of winter and puts them at a distinct disadvantage for survival.

It has happened that a doe will not get bred until a third heat cycle, which means that fawns will be born in August. A fawn born in June can reach 100 pounds by winter; one born in August will have a hard time reaching 50. Still sporting their spots in October as they try to develop their winter coats, the deck is stacked heavily



against these late fawns. The November rifle season for deer in Vermont and New Hampshire is timed to coincide with the primary estrus period for two reasons. First, the young of the year have grown enough to be able to take care of themselves without their mothers' care. Second, it takes advantage of the buck's preoccupation with reproduction. Deer are very wary and difficult to hunt. If it weren't for momentary lapses in defense, hunter success would be a small fraction of the roughly 10 percent in a typical year. This would render hunting useless as a deer herd management tool. The resulting over-population of deer and its devastating effect on the regeneration of the forest would prove to be a huge problem.

John Buck is a wildlife biologist with the Vermont Fish and Wildlife Department. Illustration by Adelaide Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and is sponsored by the Wellborn Ecology Fund of New Hampshire Charitable Foundation: wellborn@nhcf.org

Welcome 2011 at First Night

By Lori Augustyniak

It all began in Boston in 1976 with a small local group of artists who were inspired to create an alternative to traditional New Year's revelry. Decades later, more than seventy-five New Years Eve arts festivals are celebrated in cities and towns across the nation.

First Night organizers share a commitment to promoting the performing and visual arts as catalysts for unifying their citizens on New Year's Eve (and beyond) through creativity, imagination, and participation that reflect their particular constituents and celebrate their unique communities.

- First Night festivals take place on New Year's Eve.
- First Night festivals celebrate creativity, imagination, and participation.
- First Night festivals emphasize family programming that honors a no-alcohol policy.
- First Night festivals showcase high-quality programs that highlight a spectrum of performing and visual arts activities and events reflecting the diversity of the cities and towns represented.
- First Night festivals utilize both indoor and outdoor spaces, including theatres and galleries as well as nontraditional sites such as municipal buildings, plazas, streets, places of

worship, and shop windows to present programs that inspire unique experiences of seeing familiar places in a new light.

Celebrate First Night
Friday, December 31, 2010.

First Night St. Johnsbury
A First Night adult button purchased before New Year's Eve is \$10;
\$15 on December 31
Student price \$10.
Pre-schoolers never need a button.
www.firstnightstj.com/index2.html

First Night Burlington
Regular Adult Buttons - \$18 until December 31; \$25 on December 31st
Kidz Buttons (3-12 years of age)- \$5 every day- Kids under 3 FREE
www.firstnightburlington.com

First Night Montpelier
Advance Sales: \$12 for single button;
\$10 per button for group purchases of 4 or more
Day of Festival: \$15 for single button;
\$13 per button for group purchases of 4 or more
Children 3 and under attend for free!
www.mdca.org/first_night_montpelier
And if you are looking for a bargain, for some First Night events, you can get your button for free by volunteering. Check out websites for more details.



Last Call for Wreaths

The Cabot Chronicle

Share a bit of Cabot with
Family & Friends living out of town
and support your local newspaper.

~~~~~To place your order~~~~~  
Call 563-3338 Or email [inbox@cabotchronicle.org](mailto:inbox@cabotchronicle.org).

- \* Cabot Chronicle 1 year Subscription. **\$15**
- \* Fresh 22" Cabot Smith Farm Wreath with gift box **\$22**
- \* Wreath & Subscription Combo Package. **\$35**

All orders must be pre-paid by cash, check or credit card at  
[www.cabotchronicle.org](http://www.cabotchronicle.org).

Wreaths will be available for pick up  
at the Willey Building starting November 15th.

## CABOT DEER REPORT

The following deer kills were reported at Harry's Hardware Store in downtown Cabot. The list does not reflect animals killed by Cabot residents and reported to other towns' reporting stations.

### Bow and Arrow

|                 |            |      |       |       |
|-----------------|------------|------|-------|-------|
| Edward Feltus   | Cabot      | 105# | doe   | 10/4  |
| Edward Feltus   | Cabot      | 150# | 4 pts | 10/18 |
| Pierre isabelle | Cabot      | 157# | 6 pts | 10/24 |
| Barry Tatro     | Craftsbury | 120# | doe   | 10/25 |

### Youth

|             |       |      |       |      |
|-------------|-------|------|-------|------|
| Alex Wilson | Cabot | 118# | 2 pts | 11/6 |
| Jordan Hale | Cabot | 110# | doe   | 11/6 |
| Kyle Celley | Cabot | 148# | doe   | 11/7 |

### Adult

|               |            |      |        |       |
|---------------|------------|------|--------|-------|
| Roger Walker  | Cabot      | 185# | 10 pts | 11/13 |
| Chris Elliott | Danville   | 109# | 4 pts  | 11/13 |
| Ethan Pike    | Cabot      | 120# | 4 pts  | 11/13 |
| Shane Gochey  | Marshfield | 179# | 8 pts  | 11/14 |
| Jerry Riordan | Marshfield | 108# | 4 pts  | 11/14 |
| Chris Burt    | Cabot      | 172# | 8 pts  | 11/15 |
| Doug Blondin  | Cabot      | 155# | 4 pts  | 11/19 |



Andre' Jacques, youth hunter, gets his first deer, a 111 pound dressed spikehorn. He shot the deer in Barre.





SPORTS & RECREATION NEWS

2010 Varsity Girl's Soccer Recap

By Coach Michelle Delaney

The Lady Huskies ended the season with a 4-10 record. The girl's played several games with 9 or 10 players, struggling from the beginning of the year with numbers. Carrie Harvey was a great addition to the team this year and was a steady stopping force in the back. Senior Laura Nally stepped up to play keeper this year and senior Charlotte Robison controlled the middle of the field and put in 7 goals. Junior Willa Burke was a strong and welcome presence when she was able to play and Junior Cierra Austin joined the season late due to a foot operation and played through constant pain. Junior Shannon Grier shut down innumerable scoring opportunities, put in a goal of her own and played a bit of keeper time. Junior Kelly Gochey stepped up her game this year and became a force in the mid-field. Sophomore Maelily Robison played forward for the first time and began her



scoring career with 5 goals. Freshman Nell McQueeney fought to score 15 goals under tough pressure and freshman Olivia Bellevance played in midfield and scored 2 goals. 8th grader Brittany Houghton made some great passes from midfield and 8th grader Heidi Cookson shows the potential of being the next Shannon Grier.

Girls Varsity Basketball Schedule 2010-2011

|        |                   |                |        |                   |           |
|--------|-------------------|----------------|--------|-------------------|-----------|
| Dec 11 | VG @ West Rutland | 1:00 p.m.      | Jan 25 | VG @ Concord      | 5:30 p.m. |
|        | Bus 9:45          |                |        | Bus 3:45          |           |
| Dec 14 | VG @ Whitcomb     | 5:30 p.m.      | Jan 27 | VG @ Home         | 5:30 p.m. |
|        | Bus 3:15          |                |        | Williamstown      |           |
| Dec 17 | VG @ Home         | 5:30 p.m.      | Jan 29 | VG @ Sharo        | 1:00 p.m. |
|        | Chelsea           |                |        | Bus 10:45         |           |
| Dec 20 | VG @ Danville     | 7:00 p.m.      | Feb 3  | VG @ Craftsbury   | 5:30 p.m. |
|        | Bus 5:45          |                |        | Bus 4:00          |           |
| Dec 28 | VG @ Richford     | 5:30 p.m.      | Feb 10 | VG @ Home         | 7:00 p.m. |
|        | Bus 3:00          |                |        | Twinfield         |           |
| Jan 4  | VG @ Home         | 5:30 p.m.      | Feb 11 | VG @ Canaan       | 5:30 p.m. |
|        | Canaan            |                |        | Bus 2:15          |           |
| Jan 7  | VG Tournament     | 5:30/7:00 p.m. | Feb 16 | VG @ Williamstown | 5:30 p.m. |
| Jan 8  | VG Tournament     | 1:00/2:30 p.m. |        | Bus 3:45          |           |
| Jan 11 | VG @ Chelsea      | 5:30 p.m.      | Feb 18 | VG @ Home         | 5:30 p.m. |
|        | Bus 3:15          |                |        | Concord           |           |
| Jan 14 | VG @ Twinfield    | 7:00 p.m.      | Feb 24 | VG @ Home         | 7:00 p.m. |
|        | Bus 6:00          |                |        | Craftsbury        |           |
| Jan 17 | VG @ Home         | 5:30 p.m.      |        |                   |           |
|        | Whitcomb          |                |        |                   |           |

Coach Patrick Tibbetts  
\*ALL SCHEDULES ARE SUBJECT TO CHANGE\*

Boys Varsity Basketball Schedule 2010-2011

|        |                       |           |        |                   |                |
|--------|-----------------------|-----------|--------|-------------------|----------------|
| Dec 11 | VB @ West Rutland     | 2:30 p.m. | Jan 21 | VB Tournament     | 5:30/7:00 p.m. |
|        | Bus 9:45              |           | Jan 22 | VB Tournament     | 1:00/2:30 p.m. |
| Dec 14 | VB @ Whitcomb         | 7:00 p.m. | Jan 25 | VB @ Concord      | 7:00 p.m.      |
|        | Bus 3:15              |           |        | Bus 3:45          |                |
| Dec 17 | VB @ Home             | 7:00 p.m. | Jan 27 | VB @ Home         | 7:00 p.m.      |
|        | Chelsea               |           |        | Williamstown      |                |
| Dec 21 | VB @ Home             | 7:00 p.m. | Feb 1  | VB @ Home         | 7:00 p.m.      |
|        | West Rutland          |           |        | Twinfield         |                |
| Dec 28 | VB @ Home             | 7:00 p.m. | Feb 3  | VB @ Craftsbury   | 7:00 p.m.      |
|        | Danville              |           |        | Bus 4:00          |                |
| Jan 4  | VB @ Home             | 7:00 p.m. | Feb 11 | VB @ Canaan       | 7:00 p.m.      |
|        | Canaan                |           |        | Bus 2:15          |                |
| Jan 6  | VB @ Twinfield        | 7:00 p.m. | Feb 16 | VB @ Williamstown | 7:00 p.m.      |
|        | Bus 6:00              |           |        | Bus 3:45          |                |
| Jan 11 | VB @ Chelsea          | 7:00 p.m. | Feb 18 | VB @ Home         | 7:00 p.m.      |
|        | Bus 3:15              |           |        | Concord           |                |
| Jan 15 | VB @ Websterville     | 6:30 p.m. | Mar 3  | VB @ Home         | 7:00 p.m.      |
|        | Bus 3:30 ( Spaulding) |           |        | Craftsbury        |                |
| Jan 17 | VB @ Home             | 7:00 p.m. |        |                   |                |
|        | Whitcomb              |           |        |                   |                |

Coach: Ben Brown  
\*ALL SCHEDULES ARE SUBJECT TO CHANGE\*

2010-2011 Middle School Boys Basketball Schedule

|        |                             |           |        |                |           |
|--------|-----------------------------|-----------|--------|----------------|-----------|
| Jan 5  | @ Cabot                     | 5:30 p.m. | Jan 29 | @ U-32         | 9:00 am   |
|        | Walden                      |           |        | bus 7:45       |           |
| Jan 12 | @ Cabot                     | 6:00 p.m. | Feb 1  | @ Cabot        | 5:30 p.m. |
|        | U-32                        |           |        | Twinfield      |           |
| Jan15  | @ Websterville              | 5:00 p.m. | Feb 8  | @ Cabot        | 5:30 p.m. |
|        | Bus 3:30 (Spaulding School) |           |        | Websterville   |           |
| Jan 19 | @ Walden                    | 5:30 p.m. | Feb 16 | @ Craftsbury   | 6:00 p.m. |
|        | Bus 4:45                    |           |        | bus 4:45       |           |
| Jan 24 | @ Cabot                     | 6:00 p.m. | Feb 22 | @ Good Shepard | 6:15 p.m. |
|        | Orange                      |           |        | bus 5:15       |           |
| Jan 28 | @ Cabot                     | 6:00 p.m. | Mar 3  | @ Cabot        | 5:30 p.m. |
|        | Good Shepard                |           |        | Craftsbury     |           |

Coach Ashley Ksepka

2010 Varsity Boys Soccer Wrap-Up



Left to right: Trevor Bannister, Wesley Ameden and Camden Celley.

By Coach Peter Stratman

Despite having a roster stacked with underclassmen and starting six freshman, Cabot's varsity boys soccer team wrapped up a remarkable season and finished with a 7-6-1 record. The young team struggled early in the year, going 0-3 against Canaan, Danville, and Burke Mountain Academy. It took a little time for the guys to adjust to the faster tempo of play and at first we played a little tentative. Also, younger players are often smaller, so we got bumped off the ball rather easily. On paper, I'm sure that other schools anticipated that we were an easy win.

But the boys pushed hard in practice. They built skills, became more physical, and improved fitness. Most importantly, the guys came together as a committed team. We have players who are fast, talented, and strong, but the power of the team was our biggest weapon. Our first win against Williamstown was huge. By the nature of our small numbers, Cabot is typically the underdog. It's definitely uplifting to knock off a club that is supposed to beat you. We picked up a second win against Craftsbury at home. In the second half of the season, we took four games in a row, including a 14-0 thrashing against Concord and a 2-0 victory over Williamstown.

Cabot's success earned the 12th playoff seed and a chance to go head to head with Long Trail Academy--a tremendously skilled club that started nine seniors this year! We lasted about 20 minutes before Long Trail pounded home an amazing goal off a pinpoint cross. The boys looked a little shell-shocked most of the first half, going into the intermission down 3-0. It's hard to drive three hours and come back to play your best. We were also at a disadvantage because many of our players had never experienced the different intensity of playoff soccer. Overall, it was a tough game, but the guys played with great intensity in the second half. Cabot countered late in the game with an amazing attack that netted two goals in under 30 seconds! There wasn't enough time to sustain the momentum, however. The game finished 5-2.

All the players deserve a ton of credit for how much they improved this year. They worked hard, improved, and became a team. Senior Ben Younce played in the Vermont All-State Senior Classic and Aaron Bushey, earned the first-team honor. Senior keeper Trevor Banister earned honorable recognition for his exceptional goal keeping. Also noteworthy, Sophomore Camden Celley finished with 20 goals! Look forward to good seasons ahead for the boys varsity club.

Personal  
Fitness Coaching  
and More

Give the gift of health this Holiday Season with the help of NFPT certified personal trainer Michelle Delaney at TREC (Trinity Recreation Club).

One hour personal trainer sessions are \$30 or buy a package of 5 sessions for \$125.

8 week classes begin on December 6<sup>th</sup> and go through February 4<sup>th</sup>, on Mondays, Wednesdays, and Fridays (not including the week of Christmas); one for the early birds at 6:30 am to 7:30 am and one from 6:30 pm to 7:30 pm. This includes 24 sessions for \$145. We will focus on whole body resistant movements which burn more calories than isolated muscle movements. From January 3<sup>rd</sup> to February 11<sup>th</sup> there will be a 6 week session on Mondays, Wednesdays, and Fridays from 1 pm to 2 pm for home schooled children. The cost for this is \$90.

The classes are held at TREC (Trinity Recreation Club) at 316 Last Road. There is only room for 10 in each class so sign up soon!

Call Michelle at 563-2427 or e-mail at mpsoccer2@aol.com to sign up or get more information.



## The Superintendent Corner

By Nancy Thomas

Students are leading the way to transforming education to meet their needs in the 21<sup>st</sup> century. Twinfield and Cabot each have a dynamic group of students who are working within their schools and with others across the state to improve education. They are part of **Youth and Adults Transforming School Together (YATST)** and are speaking out for increased student voice in Vermont's education system in order to improve student learning. On Friday, November 12, I attended the fall conference of the state-wide program that brings students, faculty and administrators together to look at how to improve learning for ALL students. Teachers Mary Whalen in Twinfield and Lee Penniman in Cabot and others are supporting these growing groups in their efforts to make improvements using research based strategies. Twinfield senior, Ian Young, served as a leader in the statewide conference and students from both schools played leadership roles in the event. Our communities can be proud of the important roles their students are playing in transforming education.

These students are looking at information that is gathered nationally, in Vermont's Student Risk Survey and locally. They are learning about the research in "Brain-based" learning strategies and how adolescents learn best. They are looking to collaborate with adults to change their education experience to better meet their needs in the 21<sup>st</sup> century. I look forward to working with these groups as we all look to improve opportunities for all our students.

Another highlight of November was honoring Twinfield English and Social Studies teacher, Terri Vest, for her receipt of one of the National Horace Mann Awards for Teaching Excellence. This is one of five in the nation and Terri is a candidate for the top award in February. Terri has been a statewide leader in the development of professional standards and professional development for teachers. She has inspired and challenged hundreds of Twinfield students over the years through courses in Shakespeare, psychology, U.S. History, as well as many other curricular areas. We are very fortunate to have her as part of the WNESU learning community.

## Meet Jenny Rafuse, Cabot's New School/Clinic Nurse



**Chronicle:** How did you hear about this job?

Jenny: I heard about this Job from Dr. Matthew at The Health Center in Plainfield and he thought we would make a good match.

**Chronicle:** Why Cabot?

Jenny: Cabot is kind of on my way to work...so I just make a big loop from West Danville to Cabot to Plainfield...I really like working at Cabot School.

**Chronicle:** Have you worked in a school setting before?

Jenny: I have never worked in a school setting before...so there are a lot of things that I needed to get used to. For instance, working on my own...I don't usually have someone nearby to bounce ideas off or get help, but I am fortunate to have Laurie Snetsinger (a previous

Cabot School Nurse), ready to help on the other end of the phone [at the Plainfield Health Center].

**Chronicle:** How long have you been a nurse?

Jenny: I have been a Registered Nurse since August of this year. Although, I have been working as a Med Tech in the healthcare field for about 8 years.

**Chronicle:** Where did you study nursing?

Jenny: I recieved my Bachelor of Science in Nursing from Norwich University in Northfield, Vermont.

**Chronicle:** What has been the most pleasant surprize about working at the School Clinic?

Jenny: The People!...Everyone has been very warm and welcoming....such a nice feeling!

## Cabot School's After School Program is Back In Action



Anthony Willey, Lindsey Scott and Lucy Remington.

By Lindsay Scott

The Learning Center at Cabot, also known as TLC, is thrilled and excited to invite the students of the Cabot School to check us out and discover what TLC has to offer. TLC's mission is to provide safe, educational, healthy and nurturing afterschool activities for the students.

Our goals include academic achievement, social/emotional development, problem solving, both independently and cooperatively, positive life choices, and increased respect for self and others. We offer both fun and challenging experiences for grades kindergarten-6th grade and will soon have a secondary level to serve the older students.

This year, TLC will be led and directed by Anthony Willey. Anthony is excited and enthusiastic about getting programs up and running. He is a graduate of Lyndon State College with a B.S. in Mountain Recreation Management and Adventure Leadership. Anthony is looking forward to leading programs such as Martial Arts and Wilderness Skills. Having a Project Director to lead activities is one of the many highlights of this year's TLC!

TLC is also pleased to introduce our Site Leaders, Lucy Remington and Lindsey Scott. Lucy grew up in Vermont and the Virgin Islands. She recently moved from Burlington with her three children, two of whom are Cabot students. She has a degree in Multi-Media/Graphic Design from Champlain College. She has taught theater and art to children for several years, most recently at Camp Laughing Turtle, where she was the Arts and Crafts Director. Lucy brings a variety of talents and

experiences, and is excited to begin a dynamic year with TLC Cabot.

Lindsey Scott is a native Vermonter, an organic vegetable farmer, a gymnastics instructor, dancer, writer and crafter. She graduated from UVM with a Speech and Language Pathology degree and has been an active volunteer abroad in Tanzania, where she worked with schools and communities growing food sustainably. She recently moved to Cabot and is very eager to get to know and be involved with the Cabot community.

TLC is open Monday thru Friday until 5:30 p.m. whenever school is in session. Our daily routine includes outdoor free play, a healthy snack, a choice of enrichment activities and homework/reading and quiet time.

This year we are offering a variety of fun and fantastic activities. Our first session included gymnastics, jewelry making, woodland adventures, eco-arts, colonial crafts, silly games and sports, music madness, and fun. Our TLC kids created some amazing crafts, participated in great games and outdoor adventures and worked together building our new TLC community. Our second session, which runs through the month of December, will include nature exploration, sewing, cooking and baking, gift making, foreign languages, drumming and dance, cultural explorations, theater and so much more!!!

TLC Afterschool is only \$11 per day with sliding scale and subsidy available! No one will be turned away! For more information or to sign up, contact Anthony, Lucy or Lindsey at: 802-563-2289 Ext 233 or email anthony-willey@cabotschool.org See you after school!!!



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## COME EARLY FOR DINNER



Are you attending the  
**Cabot School Winter Concert  
on December 22?**  
Let us provide dinner!  
Hearty homemade soups,  
salad, and bread!

5:30-6:30 pm in the school cafeteria.  
\$6 per person or Family of 4 just \$20

All proceeds benefit the Spring 2011  
8<sup>th</sup> grade trip to Washington D.C.  
For advance tickets see any 8<sup>th</sup> grade student or call  
Raquel Bigelow 563-3052 or Susan Celley 563-2727.  
Tickets will also be available at the door.



YOUTH NEWS

Cabot School 2010-2011 1st Quarter Honor Roll

Cabot School is very proud of the students who earn high grades and are on the Honor Roll. The Honor Roll is published after each marking period and announced in the The Cabot Chronicle, The Times Argus, The Caledonia Record, The Hardwick Gazette and The World. Academics are very important in Cabot School and we encourage all students to strive to gain high grades.

**Honor Roll requirements are:**  
High Honors—No grade below 90  
First Honors—No grade below 85  
Second Honors—No grade below 80

**High Honors**  
**Grade 12**  
*Theron Lay-Sleeper, Josiah Nunn, Shelby Maurice, Lynn-Anne Nunn*  
**Grade 11**  
*RaShawanna Downing*  
**Grade 9**  
*Wesley Ameden, Olivia Bellavance, Cypress Ellen, Lars Hammer, Kasandra Morse*  
**Grade 8**  
*Heidi Cookson*  
**Grade 7**  
*Megan Walker*

**First Honor**  
**Grade 12**  
*Carrie Harvey, Tyler Placey-Noyes, Elisha Tebbetts, Dylan Tetreault*

**Grade 11**  
*Hawkk Billings, Cassidy Kittridge, Rebecca Rossell*  
**Grade 9**  
*Donaghue Burke*  
**Grade 8**  
*Donavan Bigelow, Gage Sironi, Emma Stecker, Lyrica Stelle*  
**Grade 7**  
*Tiger Bastress, Galadriel Morse*

**Second Honors**  
**Grade 12**  
*Robert Lanphear, Samuel Mattson, Laura Nally, Gaston Paquin*  
*Charlotte Robison, Benjamin Younce*  
**Grade 11**  
*Christopher Schumacher*  
**Grade 10**  
*Joshua Hough, Timothy Mueller-Harder, Mazie O'Connor, Maelily Robison*  
**Grade 9**  
*Ashley Maurice, Nell McQueeney, Randy Rich*  
**Grade 8**  
*Kyle Celley, Madeline Morse, John Nally*  
**Grade 7**  
*Eli Hale, Alexandria Simmons, Jasmine Tetreault*

2010-2011  
SNOWPLOWING BID  
CABOT SCHOOL

Cabot School is requesting bids for snowplowing, sanding and salting the school's driveways and parking areas.

Please send bids  
Attn: Nancy Thomas,  
Superintendent, WNESU,  
P.O. Box 470 , Plainfield, VT 05667  
(802) 454-9924—Fax (802) 454-9934

Bid deadline is 2 p.m.,  
Friday, December 3, 2010

CABOT SCHOOL  
BIDS INVITED

The Cabot School District invites bid proposals for the following:

**Wood Chips** for our school's heating system effective December 3, 2010 through June 30, 2011.

Bid on estimated 300 tons usage.

For a list of specifications and any other questions, please call 802-454-9924

Sealed bids will be accepted through 4 p.m. on Monday, December 3, 2010.

Bid may be faxed to 802-454-9934 or mailed to Nancy Thomas, Superintendent, WNESU, P.O. Box 470, Plainfield, VT 05667.

HOLIDAY CITRUS SPECIAL

TREE-RIPENED FLORIDA FRUIT--FRESH FROM THE GROVE!

ALL PROCEEDS BENEFIT THE CABOT 8th GRADE TRIP TO WASHINGTON, D.C.

| Product             | Prices                                 | Price/lb.  | Description<br>FULL BOX is approximately 40 lbs<br>HALF BOX is approximately 20 lbs                                                       |
|---------------------|----------------------------------------|------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| Ruby Red Grapefruit | Full Box.....\$31<br>Half Box.....\$16 | .78/lb.    | Direct for Florida! Red grapefruit is sweet, thin-skinned and wholesome!                                                                  |
| Navel Oranges       | Full Box.....\$32<br>Half Box.....\$17 | .80/lb.    | Bursting with flavor, these large Florida seedless oranges are easy to peel and section! Perfect for snacking!                            |
| Tangerines          | Only half box...\$24                   | \$1.20/lb. | Smooth, honey-sweet and easy to peel, this fruit is incredibly juicy and packed with flavor!                                              |
| Variety Pack        | Only half box...\$25                   | \$1.25/lb. | Can't decide? Go variety! You get 16-20 oranges, 6 grapefruit, 10 tangerines. A variety pack will satisfy all your citrus snacking needs. |

Dare to compare! A full box of tree-ripened Florida navel oranges or grapefruit typically retails for \$50-\$60

PRE-ORDER NOW • SALE ENDS DECEMBER 7th  
YOUR CITRUS WILL BE AVAILABLE FOR PICK-UP BY DECEMBER 19th

Call Peter Stratman @ Cabot School 563-2289 ext. 229 or  
email: stratmanpt@mac.com

Farm To School Update

By Amy Hornblas,  
Cabot's Farm to School Coordinator

Squash, squish, squash, squish. However you say it, everyone loves it! Besides being lovely to look at, squash is a wonderful winter food, and keeps in its shell until you're ready to eat it. Put it in muffins, make it into soup, serve it baked with other vegetables, or mash it all up. How about eating it in cookies? Cabot School's first and second graders made pumpkin cookies for the school to try at a school-wide taste test, and students thought they were delicious. The school cafeteria has been enjoying locally grown squash nearly every week, thanks to the hard work of the school's 4<sup>th</sup> grade classes in collaboration with local farmers Marie and Larry Thompson.

The Farm to School committee would like to thank all the farmers and gardeners who have been bringing produce in to share with the students. As a result, the young community members have been trying foods they haven't had before, including a cabbage dish prepared by the Food Service Director himself, Scott St. John. In fact, Vermont FEED (Food Education Every Day), supporters of the Farm to School grant, are highlighting St. John in their upcoming newsletter. They came by the school and interviewed him about his experiences participating in the program, his tricks for juggling local, fresh produce with storage and commodity foods, and to do a photo shoot.

Among other cafeteria news, the salad bar is expanding to include a weekly potato, taco, soup, or other themed-bar full of fresh choices for students to enjoy. This second bar is in addition to the once a week salad bar full of greens and salad toppings. The bars have been very popular, as students really enjoy being able to choose their own toppings.

To help the kitchen handle the influx of fresh foods, the Farm to School committee submitted a UDAG application for kitchen appliances. The grant application includes a proofing oven, which will not only enable the kitchen to proof dough for its own use (and the wood-fired bread oven being planned for campus), but will also give the kitchen the ability to keep food warm, while freeing up the kitchen ovens for more homemade dishes. Food service staff around the state have told us that this flexibility is a necessity, since, currently, food is kept warm in the ovens, which tends to restrict their use to pre-prepared foods. Another item in the grant application is a manual slicer, which can be used for



*Taylor, a fourth grader at Cabot School, harvests winter squash for use in the school cafeteria.*

fresh meats, as well as vegetables and fruits. The final item on the grant application is a brazier. This is a big pot, which can be used for preparing fresh foods in large enough quantities to be served at lunchtime or for winter storage. If approved by the UDAG committee, the community will have the opportunity to vote on this application at the next town meeting in March.

The Cabot School Cafeteria is looking for a new name, one that helps advertise the strides we are making in serving more local, fresh, healthy foods and promotes a comfortable atmosphere in which to share the food with others. Do you have any ideas? How about *Cabot's Culinary Center*, *The Cabot Café* or *The Hungry Husky*? Think it over, and send your ideas in to us. We will have a contest in the coming months so that the whole community can help decide.

The Farm to School committee is focusing its volunteer efforts on supporting the school's monthly taste tests, farm visits, and other classroom-based activities. It is a great way for volunteers to connect with the school, students, food service staff, and local farmers. As the year goes along, more classrooms will be getting in on the action, and we could use your help. If you are interested in helping out, please let us know.

*The Cabot Farm to School committee meets monthly. The next meeting is on Wednesday, December 1<sup>st</sup> from 5:00 - 6:30 p.m. in the school cafeteria. If you have any questions, or would like to volunteer, please contact the coordinator at 426-3083 or amyhornblas@gmail.com. Thank you for your support.*

White Coat Ceremony



*Bryden Considine is congratulated by members of Maine's Medical Community at the University of New England College of Osteopathic Medicine's White Coat Ceremony.*

# CABOT & BEYOND

## Cabot Across the Globe

This is the title of the blog that Susan Carpenter and her son kept and she and her son undertook a 5-week long road adventure in their VW camper, with no particular destination in mind. Not to say this was an impromptu trip. They had been planning such an adventure for years. The following is a collage of excerpts from some of the early episodes of Sue and Sam's Adventure. To read more about their journey and see more fotos, visit their blog online at: <http://doublesroadtrip.blogspot.com/>



### Day 1

We're off! Sam and I are taking a road trip in our VW camper. We have a general plan which will unfold as we travel and as I post. We've been planning this for several years and now finally we have started. Tons of details, tons of support from many people.



### Days 2 to 4

We stopped in Clayton NY, home of Thousand Islands Dressing. I hadn't even thought about salad dressing till we got there. I always pictured tropical islands. Continuing west we saw a sign for Old MacDonald's farm advertising over 1000 animals so had to go. A huge dairy farm....had a nice visit with the owner and spent a lot of time with the animals you can pat. Llamas, a camel, alpacas, and emu, donkeys, horses (all sizes), poultry (all kinds), sheep, goats (many), rabbits, cats, a 17 year old cow, reindeer and puppies. They have a corn maze, pumpkins for sale, the typical farm visiting set up for city folk. But they also milk 700 cows and farm 4000 acres. I said, 'we have 12'. Blank look. Cows, I said. She finally got it and we had a good laugh. She recommended a

place to stay the night so off we went.



### Day 5

Here we are on day 5. We have just spent the night in a field near the vegetable farm that Ruth Blackwell, formerly of Cabot, works on. Nice to meet up with a familiar face and get some good vegetables. It's becoming quite clear that we are spoiled with our freezers full of good meat and vegetables, the cupboard full of canned foods and fresh garden food all summer. Getting good food along the way is a challenge.

We were able to buy, 1.00 a gallon, veg. oil, all filtered, this AM from a friend of Ruth's. So we have a full tank. Will have to buy diesel at some point but haven't since we left Montpelier

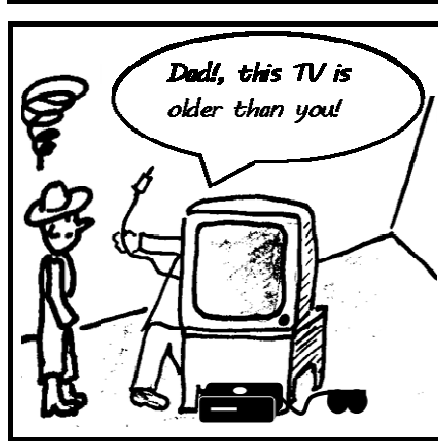
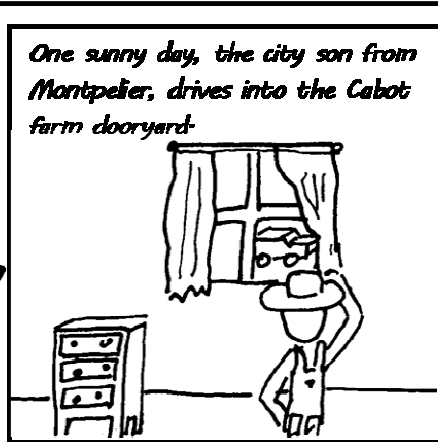
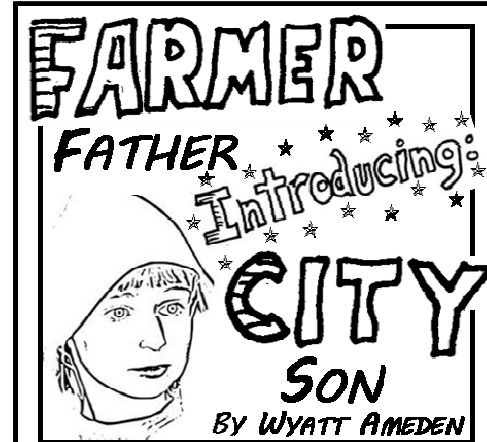
Sam is working on his first language arts assignment - take note Twinfield students and teachers - he's not totally on vacation. In fact he did a fantastic job yesterday and today following the map and getting us where we needed to go. Otherwise I would have to stop, write

it out, keep it in one hand with my glasses perched on my nose and looking over them to drive... This is much better..



### Ontario - Niagara Falls

The view of the falls you first get is of the river before it falls over the edge. Big wide glistening river with lots of rocks and rapids in it. And then you get to the side walk and the railing (with lots of warnings about not leaning on it or climbing over it) and holy cow, there it is! The viewing area is level with the river so you see this tremendous amount of water just disappearing over the edge and huge plumes of mist and spray coming up from below. Move a little along the pathway and you can see the whole thing. What to say. It's huge. It's a lot of water! And beautiful. And loud. And powerful. You can look across and see the Canadian side - but only a part of it.



## The Cabot Chronicle

Classified ads are 10 cents per word, for a minimum of \$2

Send your classifieds to  
[inbox@cabotchronicle.org](mailto:inbox@cabotchronicle.org),  
P.O. Box 245, Cabot,  
or call 563-3338

## Gift-Giving Guide - Keep It in Cabot

We tend to shop more in December than other months. The Cabot Chronicle encourages families to use their buying power to support fellow community members with the choices they make. Here are some suggestions for keeping it in Cabot.

- Belize Fundraising Auction** - Shop there December 4 in the school!
- TRAX WAX** - Ski tune-up or surface repair by Vinnie Churchill. 563-2239
- Apex Computer** - Computer cleanup to remove malware and upgrade performance. 563-3318
- Cabot Creek Creations & Designs** - Graphic design services (ad design, logos, business cards, labels, etc.) by Todd Jones. 272-8355
- Cabot Chronicle** - gift subscription with wreath. 563-3338
- Dunham Plowing** - Get your snow plowed away.
- Goodrich's Maple Farm** - Maple Syrup products. 426-3388
- Harry's Hardware** gift certificates or practical, useful household or pet items. 563-2291
- Klingler Woodcarving and Art Gallery** - Paintings, sculpture or woodcarving by Kenneth Klingler. 426-3811
- Cabot Village Store** gift card—everyone needs pizza and coffee, or groceries, or choose locally-made gifts. 563-2438
- Old Crow Farm** - Country crafts by Martha Foster, open for business until December 19th. 563-2526
- Cabot Cub Scout** hand-decorated wreath
- Cabot Garage** - Oil Change and service. 563-2270
- Michelle Delaney** - Personal training or exercise classes
- Zutano** - Signature baby clothes. 223-BABY
- Youth Holiday Market** - Buy, barter or trade slightly used gadgets or toys, December 21st at the library 3 pm.
- Larry & Son Garage** - A tire change. 563-2496
- Hillcrest Nursery** - Adirondack chairs and tables by Richard Ducharme. 563-2745
- Dunham Brothers Painting** - A quality paint job. 426-4077
- Vermont Coffee Company** - Specialty fair trade coffee from Cabot's Marine Bio Class
- Seth O'Brien** - A certificate for Apple Computer servicing. 370-3760
- Cabot School 8th graders** - A case of fresh-off-the-truck-from-Florida citrus
- Wendy's Style Shop** Gift certificates available for affordable hair care services for the whole family. 563-9907



# LOCAL DIRECTORY

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## SURVEYING

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6/11

## MAINTENANCE

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11/11

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Mark & Brigitte Codling, Owners

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## PROCESSING

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ALL Types of Poultry  
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## MERCHANDISE

*“Step back in time to...”*  
**The East Calais General Store**  
4520 VT Rt. 14 ~ 456-8861  
6:00 a.m. - 8:00 p.m. every day  
DVD Rentals ~ Full Deli ~ Spices  
Old Time Candy  
Unique Beverage Selection  
Helium Balloons ~ Free air pump

8/11

## ARCHITECTURE

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services at a fair price. Helping friends  
design responsible, energy efficient  
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# Yankee Magazine ~ Melvin Churchill ~



Melvin Churchill and his Cabot acres are featured in the November/December issue of Yankee Magazine, written by Ben Hewitt and photographed by Peter Miller. The nine-page spread begins on page 104 of the issue. It includes beautiful photos of his land and cows, and more pictures of the farm are available at YankeeMagazine.com/more. Referenced by permission of Yankee Magazine.

“Churchill’s farm reminds me of the qualities that once defined rural American life but are now eroding. It’s an erosion, I believe, that leaves us all poorer.” Ben Hewitt



Melvin Churchillll with his partner Janet Whitlock and his son Matt



Melvin Churchill on his tractor.



Melvin Churchill's Cows have a pretty nice view

# CLASSIFIEDS

Classified ads are 10 cents per word, for a minimum of \$2 (not including help wanted or employment classifieds).  
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